

Diabetes Self-Management Interactive Classes January to December 2018

What do participants say about our diabetes classes?

- I am *eating healthier, exercising and reading labels*
- I have a *clear understanding* of the disease and how to manage it
- *Very good class*
- Enjoyed when other *classmates shared experiences*
- I have learned ... *I need to put myself first*
- *I learned a lot* about diabetes that I had no idea about
- ... *helped me to better understand ... my choices are so important*
- If I follow the advice from class, *I feel better*

What should I do before I register for classes?

- Before attending classes, complete an **appointment** with a HealthPartners registered dietitian nutritionist and diabetes education specialist.
- Check your **insurance** to verify coverage and co-pay charge.
- If your insurance is Medicare Part B or Medicaid, you have coverage for up to 10 hours of initial education when ordered by your doctor. You have up to 12 months from the start of education to complete the 10 hours.
- Invite a **guest**. You are welcome to bring a guest at no charge.

What will I learn?

We cover the following areas in a relaxed atmosphere with interactive time for questions and discussion.

- Healthy eating
- Taking medications
- Healthy coping skills
- Keeping active
- Problem solving
- Individual concerns
- Monitoring
- Reducing risks

To schedule classes, call **952-967-7616**.

JANUARY 2018	Specialty Center 401 Phalen Blvd, St. Paul	Part 1 January 11, Thursday	9 a.m. to 11:30 a.m.
		Part 2 January 23, Tuesday	9 a.m. to 11:30 a.m.
MARCH 2018	Bloomington 8600 Nicollet Ave S	Part 1 March 6, Tuesday	4:30 p.m. to 7 p.m.
		Part 2 March 14, Wednesday	4:30 p.m. to 7 p.m.
	Como 2500 Como Ave, St. Paul	Part 1 March 7, Wednesday	1:30 p.m. to 4 p.m.
		Part 2 March 12, Monday	1:30 p.m. to 4 p.m. <i>(check-in is on 3rd floor; classroom is on 2nd floor)</i>
APRIL 2018	Woodbury 8450 Seasons Parkway	Part 1 March 21, Wednesday	5:30 p.m. to 8 p.m.
		Part 2 March 27, Tuesday	5:30 p.m. to 8 p.m.
	RiverWay Andover 15245 Bluebird St NW	Part 1 March 21, Wednesday	5:30 p.m. to 8 p.m.
		Part 2 March 29, Thursday	5:30 p.m. to 8 p.m.
MAY 2018	Bloomington 8600 Nicollet Ave S	Part 1 April 17, Tuesday	4:30 p.m. to 7 p.m.
		Part 2 April 24, Tuesday	4:30 p.m. to 7 p.m.
	Specialty Center 401 Phalen Blvd, St. Paul	Part 1 April 19, Thursday	9 a.m. to 11:30 a.m.
JUNE 2018	Maplewood 2165 White Bear Ave N	Part 2 April 25, Wednesday	9 a.m. to 11:30 a.m.
		Part 1 April 30, Monday	9 a.m. to 11:30 a.m.
		Part 2 May 7, Monday	9 a.m. to 11:30 a.m.
MAY 2018	RiverWay Anoka 601 Jacob Lane	Part 1 May 14, Monday	5:30 p.m. to 8 p.m.
		Part 2 May 23, Wednesday	5:30 p.m. to 8 p.m.
JUNE 2018	Como 2500 Como Ave, St. Paul	Part 1 June 6, Wednesday	5:30 p.m. to 8 p.m.
		Part 2 June 11, Monday	5:30 p.m. to 8 p.m. <i>(check-in is on 3rd floor; classroom is on 2nd floor)</i>
	Coon Rapids 11475 Robinson Dr NW	Part 1 June 12, Tuesday	9 a.m. to 11:30 a.m.
	Part 2 June 19, Tuesday	9 a.m. to 11:30 a.m.	
	Woodbury 8450 Seasons Parkway	Part 1 June 20, Wednesday	1:30 p.m. to 4 p.m.
		Part 2 June 26, Tuesday	1:30 p.m. to 4 p.m.

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JULY 2018	RiverWay Andover 15245 Bluebird St NW	Part 1 July 10, Tuesday Part 2 July 19, Thursday	5:30 p.m. to 8 p.m. 5:30 p.m. to 8 p.m.
	Specialty Center 401 Phalen Blvd, St. Paul	Part 1 July 12, Thursday Part 2 July 16, Monday	1:30 p.m. to 4 p.m. 1:30 p.m. to 4 p.m.
AUGUST 2018	Maplewood 2165 White Bear Ave N	Part 1 August 6, Monday Part 2 August 13, Monday	1:30 p.m. to 4 p.m. 1:30 p.m. to 4 p.m.
SEPTEMBER 2018	Bloomington 8600 Nicollet Ave S	Part 1 September 4, Tuesday Part 2 September 11, Tuesday	4:30 p.m. to 7 p.m. 4:30 p.m. to 7 p.m.
	Woodbury 8450 Seasons Parkway	Part 1 September 5, Wednesday Part 2 September 12, Wednesday	5:30 p.m. to 8 p.m. 5:30 p.m. to 8 p.m.
	Como 2500 Como Ave, St. Paul	Part 1 September 19, Wednesday Part 2 September 24, Monday <i>(check-in is on 3rd floor; classroom is on 2nd floor)</i>	9 a.m. to 11:30 a.m. 9 a.m. to 11:30 a.m.
OCTOBER 2018	RiverWay Anoka 601 Jacob Lane	Part 1 October 8, Monday Part 2 October 17, Wednesday	5:30 p.m. to 8 p.m. 5:30 p.m. to 8 p.m.
	Specialty Center 401 Phalen Blvd, St. Paul	Part 1 October 11, Thursday Part 2 October 17, Wednesday	9 a.m. to 11:30 a.m. 9 a.m. to 11:30 a.m.
NOVEMBER 2018	Woodbury 8450 Seasons Parkway	Part 1 November 7, Wednesday Part 2 November 13, Tuesday	5:30 p.m. to 8 p.m. 5:30 p.m. to 8 p.m.
	Maplewood 2165 White Bear Ave N	Part 1 November 12, Monday Part 2 November 19, Monday	1:30 p.m. to 4 p.m. 1:30 p.m. to 4 p.m.
	Bloomington 8600 Nicollet Ave S	Part 1 November 13, Tuesday Part 2 November 20, Tuesday	4:30 p.m. to 7 p.m. 4:30 p.m. to 7 p.m.
DECEMBER 2018	Como 2500 Como Ave, St. Paul	Part 1 December 5, Wednesday Part 2 December 11, Tuesday <i>(check-in is on 3rd floor; classroom is on 2nd floor)</i>	5:30 p.m. to 8 p.m. 5:30 p.m. to 8 p.m.
	Coon Rapids 11475 Robinson Dr NW	Part 1 December 11, Tuesday Part 2 December 18, Tuesday	1:30 p.m. to 4 p.m. 1:30 p.m. to 4 p.m.

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