

# EDUCATION CALENDAR



## DIABETES Self-Management Education & Support

For more information and to register call 614-884-4400.



### Join Us for Our Fall DSMES Series

**Diabetes Self Management Education & Support (DSMES)** is the gold standard in diabetes education and an important part of managing your diabetes well.

In this series we discuss diabetes and treatment options, nutrition, carbohydrate counting, your personal meal plan, medications, insulin, monitoring blood glucose, preventing and treating complications, physical activity, the emotional aspect of diabetes, behavior goals, and management strategies.

**Our team provides education and support that is responsive to your needs and goals. This series is also recommended for those with pre-diabetes.**

All classes and education programs will be held at the:

**Central Ohio Diabetes Association**  
1100 Dennison Ave., Columbus, OH 43201

(unless stated otherwise)



### October

**Wednesdays, October 4, 11 & 18:** 5:30 pm to 7:30 pm. *Attend all three classes in series.*

**Thursdays, October 19 & 26:** 9:30 am to 12:30 pm. *Attend both classes in series.*

### November

**Wednesdays, November 1, 8 & 15:** 5:30 pm to 7:30 pm. *Attend all three classes in series.*

**Thursdays, November 9 & 16:** 9:30 am to 12:30 pm. *Attend both classes in series.*

### December

**Wednesdays, December 6 & 13:** 5 pm to 8 pm. *Attend both classes in series.*

**Tuesdays December 5 & 12:** 9:30 am to 12:30 pm. *Attend both classes in series.*



## DIABETES Support & Empowerment GROUP

Feeling frustrated and burned out about managing your diabetes? **Attend the diabetes support group** to discuss strategies to address depression, stress, and burnout.

**Learn positive ways to deal with the challenges of living with diabetes.**

Led by Darlene Honigford, BSW, LSW

**6 pm to 7 pm**

**Tuesdays: October 3 & 17**

**November 7 & 21**

**December 5 & 19**

## Fall Brush-Up

The **Brush-Up Series** gives Central Ohio Diabetes Association clients an opportunity to continue their diabetes education through quarterly classes that cover a wide variety of topics.

### *The Power & Practice of Mindful Eating*

**Wednesday, October 25**

**6 pm to 7 pm**

**Presentation by Julie Palmer, RDN**



## Inch-By-Inch lifestyle management

An upbeat series designed to help you reach your nutrition and weight goals. Discussion includes meal planning, nutrition, grocery shopping. Led by a Registered Dietitian and Physical Fitness Consultant. For adults 18 and older.

**Saturdays, November 4, 11 & 18, 10 am to Noon**

**Plan to attend all three classes. Registration opens October 2.**





# November is National Diabetes Month

The fall season provides an opportunity for the Central Ohio Diabetes Association to **raise diabetes awareness and educate the public during November (National Diabetes Month)**. **Check [www.diabetesohio.org](http://www.diabetesohio.org) for more info.**

The International Diabetes Federation recognizes November 14 as World Diabetes Day. The theme of World Diabetes Day 2017 is *Women and Diabetes - Our Right to a Healthy Future*.

The campaign will promote the importance of affordable and equitable access for all women at risk for or living with diabetes to the essential diabetes medicines and technologies, self-management education and information required to achieve optimal diabetes outcomes and strengthen their ability to prevent type 2 diabetes.



world diabetes day  
14 November



## Fall Celebration for Children with Diabetes November 5

The **Central Ohio Diabetes Association** is sponsoring a Fall Celebration for children with diabetes, ages 3-12, and their families. The event will be held **Sunday, November 5, from 2 pm to 4 pm, at the Central Ohio Diabetes Association, 1100 Dennison Ave.**

The Fall Celebration enables children with diabetes to participate in trick or treating on beggars' night, without giving into the temptation of sugar. Instead children with diabetes can exchange their treats for toys and other items. Activities will include a diabetes education session for parents, a nutritional snack, games and crafts. **The event is free and pre-registration is required**  
**Deadline is November 3**

### Youth Holiday Party

**Sunday, December 3 at the Ohio Health Chiller at Easton, 3600 Chiller Lane, from 1 pm to 3 pm.**  
**Call 614 -884-4400 to register**

For more information and to register call 614-884-4400.



## Gentle Yoga at CODA

**Wednesdays from 6 pm to 7 pm.**

Julie Palmer, a registered dietitian and certified fitness trainer, is excited to teach these classes. **Please consider bringing a \$5 donation to each class in addition to your personal yoga mat.**



# Santa Speedo Dash 2017

Join Young Professionals Against Diabetes (YPAD), a Columbus young professionals group supporting the Central Ohio Diabetes Association on **Saturday, December 9 at noon for the Sixth Annual Santa Speedo Dash.**

The event will include a 1 mile or 5K run that begins at McFerson Commons Park, in the arena district, immediately followed by the Santa Speedo Dash after party at The Three-Legged Mare (401 N. Front St., Columbus, Ohio 43215).

All proceeds will go towards assisting the Central Ohio Diabetes Association in providing diabetes awareness, education, and summer camps for children in the community.

Individuals can register at [www.santaspeedodash.org](http://www.santaspeedodash.org) or contact [chines@diabetesohio.org](mailto:chines@diabetesohio.org) for more information.



Young Professionals Against Diabetes

# Get to Know the Central Ohio Diabetes Association!

## Open House Reception for Current and New Friends

Join us for an opportunity to meet CODA Director, Cathy Paesson, and LifeCare Alliance President and CEO, Chuck Gehring.



**Wednesday, October 18  
11:30 a.m. to 1:30 p.m.  
Central Ohio Diabetes Association, 1100 Dennison  
Columbus, OH 43201**

RSVP at [vkatona@lifecarealliance.org](mailto:vkatona@lifecarealliance.org) or (614) 437-2807



1100 Dennison, Columbus, OH 43201  
614-884-4400 Fax 614-884-4484  
[www.diabetesohio.org](http://www.diabetesohio.org)