

Central Ohio Diabetes Association



Education Newsletter Issue 22

January—March 2017

All classes and education programs will be held at the Central Ohio Diabetes Association, 1100 Dennison, Ave., 43201, unless stated otherwise

A graphic with the year "2017" in large, blue, 3D-style numbers. The background is dark blue with many bright, radiating lines and starbursts, resembling fireworks or a starry night sky.

Join Us for our Winter DSMES Series

Diabetes Self Management Education & Support 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.

Wednesdays January 11, 18, 25; 5:30 p.m. to 7:30 p.m.

Tuesdays February 14, 21; 9:30 a.m. to 12:30 p.m.

Wednesdays March 1, 8, & 15; 5:30 p.m. to 7:30 p.m.

Plan to attend all classes—call 614-884-4400 to register

Visit us at diabetesohio.org and on Twitter and Facebook

2017 Diabetes Youth Camp Dates



Diabetes Support & Empowerment Group- Tuesdays

January 3, 17;
February 7, 21;
March 7, 21;
6 p.m. to 7 p.m.

To register call
(614) 884-4400

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

Visit us at diabetesohio.org and on [Twitter](#) and [Facebook](#)

Kids Camp
June 19-21 (ages 3-7)
Stepping Stones
June 22-24 (ages 8-12)
Camp Hamwi
Senior Challenge
(ages 13-17)
July 23-29
Junior Challenge
(ages 7--12)
July 30– August 5
Counselors in Training
(ages 17-18) July 21-29
Call **(614) 884-4400** for
more information

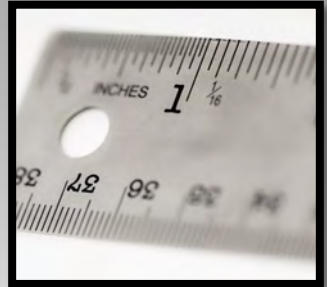
Inch By Inch (Lifestyle Management)

**Saturdays, January 7, 14, 21;
10 a.m. to 12 p.m.**

**Saturdays, March 4, 11, 18;
10 a.m. to 12 p.m.**

Registration opens February 2

An upbeat class series providing practical information, discussion, and guidance about nutrition, meal planning, weight management and physical activity. Instructors are registered dietitians and physical activity experts. **For adults 18 years and older. Call (614) 884-4400**



Cooking Matters For Adults

A six-week hands on cooking skills course that focuses on teaching adults on a limited budget how to shop for and prepare delicious, nutritious meals. The instructors will include a Chef and a Nutritionist.



Thursdays

**January 12, 19, 26; February 2, 9, 16
10 a.m. to 12 p.m.**

Tuesdays

**March 7, 14, 21, 28; April 4, 11,
6 p.m. to 8 p.m. Registration opens Feb 3**



Brush-Up Series 2017

**Kevin Schroeder aka
Dancing Kevin: One Man's
Journey To Health
Wednesday, February 8
6 p.m. to 7 p.m.**

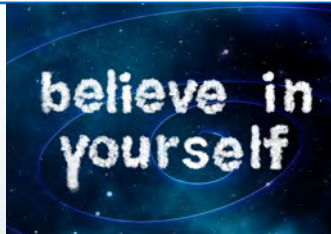
Registration opens January 6

Kevin's presentation will focus on physical activity, food and overeating, one's mindset, support and much more.

Individuals are welcome to attend if they have diabetes or prediabetes. **To register, or for more info, call 614-884-4400**



**Strategies to
Manage the
Psychological
aspect of
Diabetes**



**Thursday, April 13
6 p.m. to 7 p.m.**

Registration opens March 14

