

Central Ohio Diabetes Association



Education Newsletter Issue 23

April —June 2017

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

A graphic featuring the year "2017" in large, blue, 3D-style numbers. The numbers are set against a dark blue background filled with numerous bright blue starbursts and light trails, resembling fireworks or a night sky.

Join Us for our Spring 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.

April 5, 12, 19; Wednesdays, 5:30 p.m. to 7:30 p.m.

April 11, 18; Tuesdays, 9:30 a.m. to 12:30 p.m.

May 4, 11, 18; Thursdays, 5:30 p.m. to 7:30 p.m.

June 6, 13; Tuesdays, 9:30 a.m. to 12:30 p.m.

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

Visit us at diabetesohio.org and on Twitter and Facebook

Summer Youth Camp Registration is Open



Diabetes Support & Empowerment Group- Tuesdays

**April 4, 18;
May 2, 16;
June 6, 20;
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**

Day Camps

**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**

**Visit diabetesohio.org
for more information**

Cooking Matters For Adults



Wednesdays

**April 26; May 3, 10, 17, 24, 31;
6 p.m. to 8 p.m.**

Registration opens March 27

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.

Participants must have diabetes or pre-diabetes. For adults 18 years and older. Call (614) 884-4400



Cooking Matters For Families

A six week cooking skills course that focuses on teaching school-age children (ages 8-17) and their parents about healthy eating and the

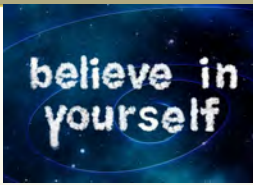
importance of working together to plan and prepare healthy meals on a budget. The instructors will include a chef and a nutritionist.



Thursdays

**June 15, 22, 29; July 6, 13, 27; July 6, 13, 27
6 p.m. to 8 p.m. Registration opens May 15**

Brush-Up Series 2017



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

**Presented by Darlene Honigford,
BSW, LSW**

Thursday, April 13;

6 p.m. to 7 p.m.

Registration opens March 14



Inch By Inch (Lifestyle Management)

**Saturdays: May 6, 13, 20;
10 a.m. to 12 p.m.**

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. Free
Must register at (614) 884-4400**