

# Central Ohio Diabetes Association



## Education Offerings

**January- March 2018**

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

**Call 614-884-4400 to register**

## 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.

**This series is also recommended for those with pre-diabetes. Plan to attend all classes—call 614-884-4400 to register**

**January 10, 17, 24; Wednesdays, 5:30 p.m. to 7:30 p.m.**

**January 11, 18, 25; Thursdays, 9:30 a.m. to 11:30 a.m.**

**February 7, 14, 21; Wednesdays, 5:30 p.m. to 7:30 p.m.**

**February 8, 15, 22; Thursdays, 9:30 a.m. to 11:30 a.m.**

**March 7, 14, 21; Wednesdays, 5:30 p.m. to 7:30 p.m.**

**March 8, 15, 22; Thursdays, 9:30 a.m. to 11:30 a.m.**

## Brush-up Presentations Winter 2018



### Women's Board Scholarship 2018

The Women's Board of the Central Ohio Diabetes Association will once again offer the College Scholarship Program to assist students with diabetes, residing in central Ohio, who will be attending an accredited public or private institute of higher learning in the fall of 2018 as a full-time student.

Selection criteria will be based on academic achievement, diabetes-related activities, extracurricular activities, the applicant's personal statement, exemplary adjustment to living with diabetes, one personal reference, statement of financial need, and a medical recommendation.

For more information go to  
[www.diabetesohio.org/  
education/youth and diabetes](http://www.diabetesohio.org/education/youth%20and%20diabetes)

**Wednesday, January 17**

**Virtual Grocery Tour**  
with Leonor Button, RD  
3 p.m. to 4 p.m.

**Tuesday, March 27**

**Using Diabetes Apps**  
**and NDEP online**  
**resources to help reach**  
**health goals**

Brenda Rendelman RD, CDE  
6 p.m. to 7 p.m.

The Brush-Up series gives clients an opportunity to continue their diabetes education through quarterly classes that cover a wide variety of topics.

Sign-up for these free classes at  
614-884-4400