



**Debra F. Latimer Nutrition & Diabetes Associates, LLC**  
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**Main Office:** 6300 West Loop South, Suite 333, Bellaire, Texas 77401  
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**Diabetes-Self Management and Training Program**  
**Recognized by the American Diabetes Association**

The Diabetes-Self Management and Education Program, offered by Debra F. Latimer, Nutrition & Diabetes Associates, is designed to help you manage your diabetes and live a healthy lifestyle. You will be attending a series of 3-3 hour classes. A new series of classes begin once a month. We have four locations surrounding the Greater Houston area.

**Course Content:**

- Class One:** Diabetes Overview: Diabetes Pathophysiology, Types of Diabetes, Diagnostic Criteria, Diabetes Medications, Exercise, Self-Blood Glucose Monitoring. Complimentary blood glucose meter, of patient's choice, with testing supplies is given to all participants during class one.
- Class Two:** Customized Meal Plan, Carbohydrate Counting, Reading Food Labels, Dining Out, Recipe Conversions
- Class Three:** Symptoms, Prevention and Treatment of Hypoglycemia, Skin, Dental and Foot Care, Sick Day Management, Long Term Effects of Hyperglycemia-Prevention and Treatment, Behavioral Change Strategies, Goal Setting, Use of Health Care System and Community Resources

**Locations and Times:**

- 1. Memorial/West Houston Area** 1220 Blalock, Suite 200  
Houston, TX 77055  
Thursday mornings 9:00 a.m. - 12:00 p.m.  
April 19, 26 & May 3
- 2. Clear Lake Area** 14903 El Camino Real  
Houston, TX 77062  
Wednesday evenings from 5:30 p.m. - 8:30 p.m.  
April 11, 18, & 25
- 3. 1960 Area** 11830 FM 1960 West  
Houston, TX 77065  
Monday evenings from 5:30 p.m. - 8:30 p.m.  
April 16, 23, & 30
- 4. Central Area** - 6300 West Loop South, Suite 333  
Bellaire, TX 77401  
Saturday mornings from 8:30 a.m. - 11:30 a.m.  
April 14, 21, & 28

Note: You must register for class prior to attendance. Please call us at 713-795-0876 to register for the class location you prefer.

**Please visit our website [www.debraflatimer.com](http://www.debraflatimer.com) for future class dates and other information about our medical nutrition therapy programs.**