



Debra F. Latimer Nutrition & Diabetes Associates, LLC
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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.
January 6, 13 & 20
- 2. Clear Lake Area** 14903 El Camino Real
Houston, TX 77062
Wednesday evenings from 5:30 p.m. - 8:30 p.m.
January 5, 12 & 19
- 3. 1960 Area** 11830 FM 1960 West
Houston, TX 77065
Monday evenings from 5:45 p.m. - 8:45 p.m.
January 17, 24 & 31
- 4. Central Area** - 6300 West Loop South, Suite 333
Bellaire, TX 77401
Saturday mornings from 9:00 a.m. - 12:00 p.m.
January 8, 15 & 22

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 for future class dates and other information about our medical nutrition therapy programs.