



**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 three 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, and Reading Food Labels.
- Class Three:** Dining Away from Home, Symptoms, Prevention and Treatment of Hypoglycemia, Skin, Dental and Foot Care, Sick Day Management, Long Term Effects of Hyperglycemia-Prevention and Treatment, Recipe Conversions, Behavioral Change Strategies, Goal Setting, Use of Health Care System, Community Resources, and Diabetes Self-Management Support Plan.

**Locations and Times:**

- 1. Memorial/West Houston Area** 1220 Blalock, Suite 200  
Houston, TX 77055  
Thursday mornings from 9:00 a.m. - 12:00 p.m.  
February 8, 15, 22
- 2. Clear Lake Area** 1045 Gemini Street, Suite 200 B  
Houston, TX 77058  
Wednesday evenings from 5:30 p.m. - 8:30 p.m.  
February 21, 28, and March 14
- 3. Central Area** - 2616 South Loop West, Suite 515  
Houston, TX 77054  
Saturday mornings from 9:00 a.m. - 12:00 p.m.  
February 10, 17, 24

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.**