



**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.

**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.

**Location and Times:**

**Memorial/West Houston Area**

1220 Blalock, Suite 200

Houston, TX 77055

9:00 a.m. - 12:00 p.m.

November: Nov. 15 (Thurs.), Nov. 20 (Tues.), & Dec. 6 (Thurs.)

Note: You must register for class prior to attendance.

Please call us at 713-795-0876 to register for class.

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