

Cooking for Diabetes

A Diabetes Self-Management Education Course

February 3, 10, 18, 24 | 11 a.m.-1 p.m.
at Wellness U—HRRMC Outpatient Pavilion, 2nd floor

This course consists of **2** individual appointments and **4** two-hour classes.
A diabetes-friendly meal is provided during each class—recipes included!



Topics to be covered include:

- Overview of the disease process
- Healthy eating for diabetes
- Blood glucose monitoring/physical activity
- Understanding medications/managing complications
- Flexibility and coping strategies

Send us your referrals for the upcoming classes in February!

[How to refer patients to the DSME course]

Enter the required information on the referral sheet, including:

- Name, date and biometrics
- PCP signature
- Qualifying ICD-10 Diagnosis Code
- Labs

Fax completed referrals to 719-530-2041 for insurance prior authorization.

*Please fill in the proper box of service requested (Initial or Follow-up DSME, MNT)

