



## Diabetes Education Classes

How much do you know about diabetes? Did you know that people with diabetes do not need to eat special “diabetic foods?” Did you know that eating a consistent carbohydrate diet will help you achieve your blood glucose goals? Are you familiar with the term hemoglobin A1c? Are you aware that you can avoid chronic complications associated with diabetes by controlling blood glucose levels? Do you have an understanding of which foods increase blood glucose and which do not? Are you doing the most you can to control your diabetes?

If you answered “no” to any of the above questions, you should enroll in our diabetes education classes to increase your knowledge and improve your health! Please fill out the attached form to enroll. Space is limited, so act fast!

Classes will be led by Janice H. Dada, a registered dietitian and certified diabetes educator with a master’s degree in public health.

**Basics of Diabetes:** Wednesday, February 10<sup>th</sup> from 5:30 to 7:00pm

- ABC’s of Diabetes Control
- Reducing Risks
- Basics of a healthy diet and lifestyle

**Carbohydrate Counting for Diabetes:** Wednesday, February 17<sup>th</sup> from 5:30 to 7:00pm

- Carbohydrate sources and portions
- Food label reading
- Resistant starches and fiber
- Planning meals

**Price:** \$160 for two 90-minute sessions PLUS one 30-minute individual follow-up session with the dietitian (to be scheduled at your convenience).

Each participant will receive a folder of materials and light refreshments will be provided.

**Location:**

180 Newport Center Drive, Suite 187 (Conference Room)  
Newport Beach, CA 92660

## Registration Form

Please **e-mail** (send to: Janice@socalnw.com), **fax** (949.497.3862), or **mail** your registration (mail to: SoCal Nutrition & Wellness, 180 Newport Center Dr. Suite 162, Newport Beach, CA 92660) by **February 3<sup>rd</sup>**. You will receive an e-mail confirmation and receipt after your registration has been processed.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

How did you hear about this program? \_\_\_\_\_

What type of diabetes do you have? \_\_\_\_\_

**Payment method (circle one):** Check    PayPal    Credit Card

- *If you are paying by check, please mail your check to: SoCal Nutrition & Wellness, 180 Newport Center Dr. Suite 162, Newport Beach, CA 92660*
- *If you are paying by PayPal, I will send you an invoice requesting payment*
- *If you are paying by credit card, please include your information below:*

Name on card: \_\_\_\_\_

Credit Card Type (Circle one): Visa    Mastercard    Discover  
American Express

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_/\_\_\_\_

Last 3 or 4 numbers from front/back of card (CVV2 code) \_\_\_\_\_

Billing Address & Zip Code \_\_\_\_\_

Your signature below grants SoCal Nutrition & Wellness permission to charge your credit card in the amount of \$\_\_\_\_\_.

Signature: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_