

Class Descriptions:

**Session 1: On the Road to Better Managing Your Diabetes:** Participants will learn the basic concepts of managing diabetes.

**Session 2: Diabetes and Healthy Eating:** Participants will participate in a detailed discussion about the connection between food and diabetes and the importance of healthy eating.

**Session 3: Diabetes and Healthy Eating/Road to Health Toolkit Activities:** This session is a continuation of session 2 and engages the participants in a nutrition activity.

**Session 4: Monitoring Your Blood Glucose:** Participants will discuss the importance of monitoring blood glucose, managing high and low blood glucose, and how to use the blood glucose testing results to better manage diabetes.

**Session 5: Continuing Your Journey with Diabetes:** Participants will discuss the ABCs (A1C, blood pressure, and cholesterol) of diabetes, possible medication options, what insulin is and how it works, and possible diabetes complications.

**Session 6: Resources & Road to Health Toolkit Physical Activity:** Participants will learn how physical activity can help them manage their diabetes. A physical activity demonstration and free pedometers will be distributed with local resources.