

Diabetes Self-Management Program Class

Physician Referral Required

At Sutter Medical Foundation we've designed a special program to help you manage your diabetes in a way that fits your personal lifestyle. Through our program, we'll provide ideas and tools that will assist you in understanding and managing your diabetes. You will learn how meal planning, exercise and the right medications work together to control blood sugar levels. All of this will be provided in a relaxed and caring atmosphere so that you feel comfortable asking questions about your health.

Diabetes Program Overview

Physician referral required.

- **Diabetes Assessment**
Glucometer training
Assessment of self-management needs
- **Diabetes Classes**
Class 1: Basics of Diabetes
Class 2: Healthy Eating
Class 3: Diabetes Complications and Physical Activity
- **Final Week**
Individual appointment with registered dietitian to go over personal needs and goals.



*Fairfield series is repeated monthly. Day and evening classes available.
Vallejo series is repeated quarterly. Day classes only.*

 **Sutter Health**
Sacramento Sierra Region
With You. For Life.

Locations
2450 Martin Rd.
Fairfield, CA 94534

100 Hospital Dr.
Vallejo, CA 94589

Registration
Physician referral required

For more information, contact:
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