



**UF/IFAS Extension Marion County
2017 ~ An Educational Program for Adults with Type 2 Diabetes**

Location: Fort McCoy Library
14660 NE Co Rd 315
Fort McCoy, FL 32134

Date and Time: Mondays, 10:00 a.m. to noon
Jan. 23, 30; Feb. 6, 13, 20, 27; March 6, 13, 20, 27; April 24

Cost: \$45.00 per person (support person is free)
Call 236-0440 to arrange financial assistance to attend program.

Registration: Participation by paid registration only.
Deadline for registration is Wednesday, January 18, 2017.
For more information and to register please call 352- 671-8400.

Instructors: Nancy Gal, Extension Agent IV
Joy Semelka, Registered Dietitian, Certified Diabetes Educator

<u>DATE</u>	<u>LESSON</u>
January 23	What is Diabetes?
January 30	Blood Glucose Monitoring
February 6	Nutrition Management - part 1
February 13	Nutrition Management - part 2
February 20	Medications
February 27	Carbohydrate Counting
March 6	Standards of Medical Care
March 13	Meal Planning
March 20	Cardiovascular Health
March 27	Physical Activity; Foot Care
April 24	Sick Day and Emergency Management Follow-up Health Assessment