

**UF/IFAS Extension Marion County  
2016 An Educational Program for Adults with Type 2 Diabetes**

- Location:** Master the Possibilities Learning Education Center  
On Top of The World  
8415 SW 80th Street  
Ocala, Florida
- Date and Time:** Tuesdays, 9:30 a.m. to 11:30 a.m.  
February 2, 9, 16, 23; March 1, 15; April 5, 12; May 10
- Cost:** \$45.00 per person (support person is free)
- Registration:** Participation by paid registration only. Deadline for registration is Tuesday, January 26, 2016.  
For more information and to register please call (352) 854-3699 or visit [Master the Possibilities](#) registration site.
- Instructors:** Nancy Gal, Extension Agent IV  
Joy Semelka, Registered Dietitian, Certified Diabetes Educator  
May Stafford, Registered Nurse

**Initial Health Screening: Tuesday, February 2 at 9:00 a.m.**

<u>DATE</u>	<u>LESSON</u>
February 2	What is Diabetes; Blood Glucose Monitoring
February 9	Nutrition Management - part 1
February 16	Nutrition Management - part 2
February 23	Medications
March 1	Carbohydrate Counting
March 15	Standards of Medical Care
April 5	Cardiovascular Health
April 12	Physical Activity; Foot Care
May 10	Sick Day and Emergency Management Follow-up Health Assessment