

**UF/IFAS Extension Marion County
2016 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 34481
- Date and Time:** Tuesdays, 9:30 a.m. to 11:30 a.m. (August 9th class starts at 9:00 a.m. for health assessment)
August 9, 16, 30; September 6, 20; October 11, 25; November 1, 22
- Cost:** \$45.00 per person (support person is free)
- Registration:** Participation by paid registration only. Deadline for registration is Thursday, August 4.
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

<u>DATE</u>	<u>LESSON</u>
August 9	What is Diabetes? Blood Glucose Monitoring
August 16	Nutrition Management - part 1
August 30	Nutrition Management - part 2
September 6	Medications
September 20	Carbohydrate Counting
October 11	Standards of Medical Care
October 25	Cardiovascular Health
November 1	Physical Activity; Foot Care
November 22	Sick Day and Emergency Management Follow-up Health Assessment