



Take Charge of Diabetes

Free 7 -Week Program Offered to Adults with Diabetes or Pre-Diabetes

Learn from Certified Diabetes Educators, Nurses, Physicians and Pharmacists about:

- Managing Blood Sugar
- Exercise
- Managing Stress
- Nutrition and Meal Planning
- Carbohydrate Counting
- Eye, Dental & Foot Care
- Medications

Start date:

Thursday October 27, 2022 - December 15, 2022
No session on November 24 (Thanksgiving Day)

Classes run for 7 weeks on Thursday
6 – 7:30 pm

Class Location: Better Health, 1422 Bragg Boulevard
(Next to old IHOP)

Must pre-register at 483-7534 or

www.betterhealthcc.org



Take Charge of Diabetes Pre-Registration Form



Date: _____

Client ID# _____

Which class are you enrolling in? (circle): **Mondays** **Thursdays** Start Date: _____

Sex: M F	Number of people in your household:	I have: (circle one) Pre- Diabetes Diabetes	Date of Birth / /	Military Affiliated:
Last Name		First Name		MI
Address				
Phone #	Emergency#	Referred by:		
Race: (Circle) African-American White Asian Hispanic Native American Other				
Insurance: (Circle) Medicare Medicaid None Private Other				
Doctor: Doctor Office Phone #			How long have you had diabetes?	
Estimated monthly household income: (necessary to receive grant funding to continue to serve you!): \$ _____ Source: _____				
What is your A1C? _____				
How did you hear about our program? _____				
Do you exercise regularly? YES NO Doing what? _____				
What medications do you take for diabetes? _____				
How often do you check your blood sugar? _____				
Physician Name: _____				
Do you count carbohydrates in the foods you eat? Yes _____ No _____				
Have you ever taken a diabetes management class? Yes _____ No _____ If yes: When _____ Where: _____				
Will you commit to attend all seven classes and graduate? Yes _____ No _____				
Will a support person come along? (ENCOURAGED) Yes _____ No _____ If yes, Name: _____ Relationship: _____				