

Monthly Diabetes Classes

Held at Wake Forest Baptist Health Medical Plaza–Country Club
First floor classroom

Please note: Participation in classes requires a physician referral.

CLASS NAME	DESCRIPTION	DAYS/TIMES OFFERED
Diabetes 101	Comprehensive, six-hour program designed for adults who were recently diagnosed with either Type 1 or Type 2 diabetes. This class covers the causes of diabetes, glucose monitoring, healthy eating, sick days, long-term complications, exercise, travel considerations and goal setting.	Option 1: Two half-day sessions First and second Wednesday of every month, 9 am–Noon or Third and fourth Thursday of every month, 2–5 pm Option 2: One all-day session Third Friday, every other month, 8:30 am–3:30 pm
Pathway to Pumping Class	Three-hour interactive class designed to introduce the concept of insulin pump therapy. An overview of pump therapy is provided along with insulin pump and infusion set demonstration. Interested family members are encouraged to attend.	Third Wednesday of every month, 2–5 pm
Real World Class	An interactive class for patients with blood sugars swinging high and low. Patients will learn how to find patterns and make adjustments to their food, exercise and medications.	Fourth Tuesday of every month, 4–5 pm
Meal Planning Class	One-hour class designed for patients who have completed the comprehensive diabetes program and want more discussion of good nutrition, the effects of foods on blood sugar and practical carbohydrate counting. The class will plan one day of menus per patient preferences. Other interests will be covered as time allows (food labels, recipes, glycemic index, goal setting).	Second Tuesday of every month, 11 am–Noon Second Wednesday of every month, 4–5 pm

For more information, visit WakeHealth.edu/diabetes.