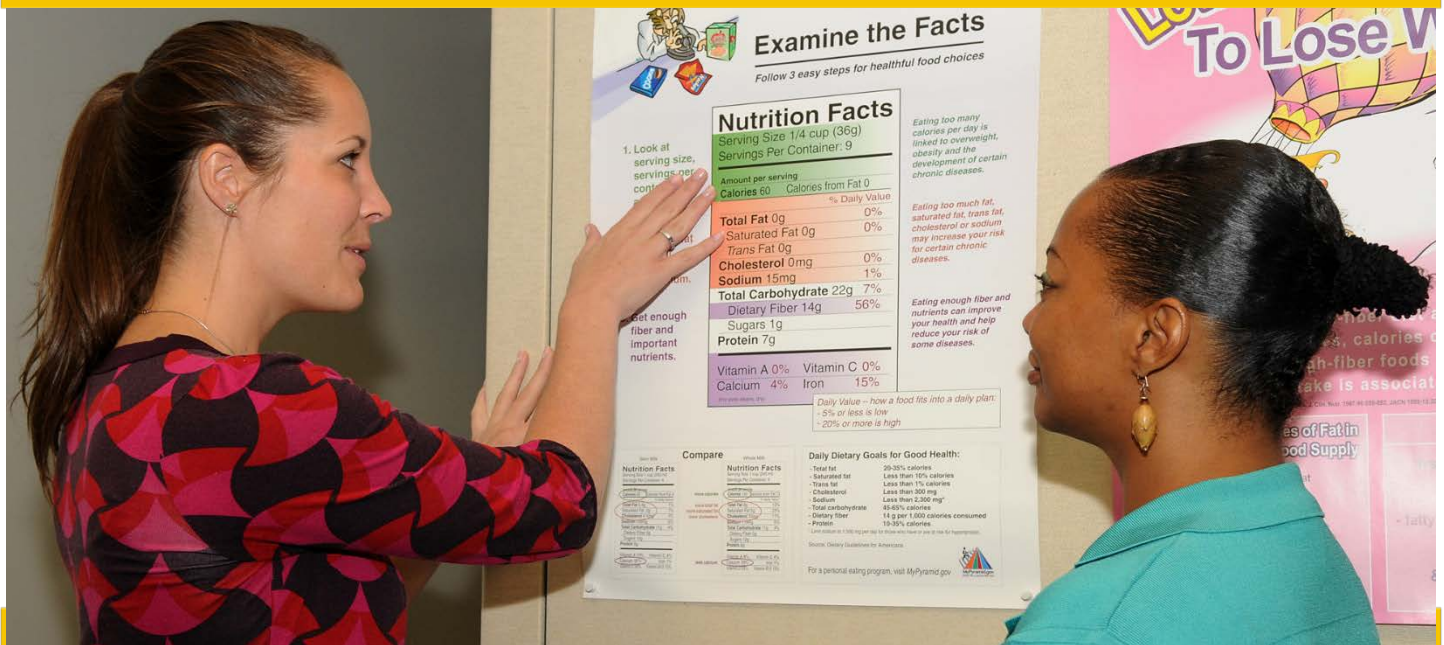


Diabetes Education Classes



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN



Knowledge is Power

There's so much more to living with diabetes than you can discuss in a 20-minute office visit. Diabetes Education is here to help!

What are diabetes education classes?

Your doctor has referred you to group diabetes education classes. These classes will teach you about meal planning, carbohydrate counting, monitoring blood sugar, exercise, medications, stress management, how to manage sick days and more.

Where can I find more information?

<http://www.uofmhealth.org/conditions-treatments/diabetes-classes>