



# *Nutrition Classes*

- **Diabetes Class:** The 2 hour diabetes class is filled with education on nutrition, common medications, review of current lab reports, self-monitoring and much more. The goal is for the person with diabetes to become the expert in managing their diabetes. After attending this class, patients are invited to have individual follow up with the dietitian/diabetes educator.
- **Introduction to Weight Management:** This 90 minute class is designed for the person thinking about making lifestyle changes for weight loss. Designed to help the person understand how to eat throughout the day, learn basics of the nutrition food label and to watch out for common pit falls when trying to lose weight. The class focuses on behavior changes rather than restrictive dieting. [Click here](#) for more information regarding Nutrition Care.