

DIABETES EDUCATION CLASSES

Pinehurst Medical Clinic's Wellness Department offers diabetes education classes to qualified patients providing helpful information on diabetes self-management, healthy eating, exercise, and more.

- Start with our Core Diabetes Class
- Enjoy two free classes per year
- Opportunity for Q&A with a Registered Dietitian or Health Coach

Services covered by most insurances



CONTACT US

15 Regional Drive
Pinehurst, NC 28374

910-235-3347
www.pinehurstmedical.com/wellness-clinic

DIABETES EDUCATION CLASSES AT PINEHURST MEDICAL CLINIC

Group education classes designed to help you thrive while managing your diabetes.



HEART HEALTH



Learn how healthy lifestyle habits help to protect your heart. This class reviews tips to manage blood sugar, blood pressure, cholesterol, weight, and daily activity.

CARB COUNTING

An advanced look at carbohydrate counting and meal planning for better diabetes control. Sharpen your meal planning skills, label reading, and diabetes knowledge.

MONITORING & MEDICATIONS



Review how to use your glucometer, when to check your blood sugar, and what the numbers mean. Learn how your medicine works in your body and ways to manage your medication schedule.



HEALTHY COOKOUTS

Stay on track with healthy eating this summer by learning portion sizes, substitutions, and healthy crowd-pleasing dishes. Learn how to enjoy the cookout season while maintaining good diabetes control.

GET STARTED WITH THE CORE DIABETES CLASS

Our core diabetes class provides an overview on how to better manage your diabetes. Learn the basics and beyond to feel confident in your ability to live happily and successfully with diabetes. Core class addresses the 7 self-care behaviors:

- Healthy Coping
- Healthy Eating
- Physical Activity
- Monitoring
- Taking Medication
- Problem Solving
- Reducing Risk

Enroll in your free classes today!

Contact our wellness coordinator, Laura Webb, at 910-235-3347 or your Pinehurst Medical Clinic Health Coach to sign up today!



HEALTHY EATING BEYOND THE BASICS



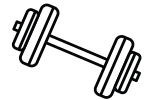
An in-depth look at healthy eating habits, including dining out and strategies for healthier cooking at home. Take the stress out of eating out by learning how to plan ahead to make healthy choices.



HEALTHY COPING

The coping with diabetes class will normalize emotions associated with diabetes. Education will be provided for healthy coping strategies.

PHYSICAL ACTIVITY



Learn the new American Diabetes Association recommendations for exercise to better control A1C and for weight loss.



HEALTHY HOLIDAYS

Get ready for the holidays and learn how to plan ahead to keep your healthy habits on track into the New Year. This class discusses how to navigate holiday celebrations and make healthy choices while managing your blood sugar.