

Boulder County 60+ Diabetes Education Group 2024



Come get information, answers to questions, and support from new friends!
Each session has a focused topic. For people 60+ and their caregivers.
There is no charge, but donations are appreciated!

<p>January 22 Start Your New Year with Healthy Eating Practices</p>	<p>February 26 Winter Immune Boosting Tips</p>	<p>March 18 Kidney Health and Diabetes</p>	<p>April 15 Dawn Phenomenon and Somogyi Effect</p>
<p>May 20 Grocery Shopping and Label Reading for Diabetes</p>	<p>June 17 Understanding and Managing Hypo- and Hyperglycemia</p>	<p>July 15 Glycemic Index and Carbohydrate Counting</p>	<p>August 19 Alcohol, Artificial Sweeteners and Diabetes</p>
<p>September 16 Gastroparesis and Celiac Disease with Diabetes</p>	<p>October 21 Diabetes and Exercise</p>	<p>November 18 Managing Diabetes During the Holidays</p>	<p>December No Classes</p>

Facilitators are Registered Dietitians Nutritionists and Certified Diabetes Educators

Classes are held virtually 11 am - 12 pm until further notice.

Please contact 303-678-6118 (this is a voice mail box) to register.

*Dawn Phenomenon and Somogyi Effect refers to low and high blood sugar in the early am hours



303-441-4995
www.BoulderCountyHelp.org