

Diabetes Learning Center

3520 S.W. 6th Ave.
Topeka, KS 66606



At the Diabetes Learning Center (DLC) we offer classes as well as one on one education. Certified Diabetes Educators are available to provide training on the self-management of diabetes as an extension of the care received by providers.

Type 2 Diabetes Education Classes

Our basic program is made up of two group classes, each two hours in length. Classes are a great starting place for those newly diagnosed or who may not have had any prior diabetes education. Following the class series, a one on one appointment will be offered to address any individual needs of the patient. Some patients will need, or desire, to start with an individual appointment. Education is provided by DLC nurses and dietitians who have specialized training in diabetes. Please call **785-368-0416** for scheduling. Morning and afternoon appointments are available.

Session 1: Understanding Diabetes & Risks

- Diabetes disease process & treatment
- Home blood glucose testing and A1C test
- Stress management
- Medications for treating diabetes
- Acute & chronic complications
- Sick-day management

Session 2: Healthy Eating & Exercise

- Basics of carb counting and calorie control
- Portion control
- Meal planning strategies
- Nutrition guidelines for heart health
- Physical activity
- Goal setting

Other Class Offerings:

Right Steps for Healthy Weight Management (2 hours)

Appropriate for those who have pre-diabetes or as another offering for nutrition following class series

- Healthy approaches to weight management
- Review lifestyle habits/patterns for eating, exercise, and coping
- Strategies to overcome habits to achieve successful weight management
- Meal plans with calorie and carbohydrate goals for both weight management and blood glucose control

Exploring Insulin Pumps and Sensors (1.5 hours)

This class is for those interested in learning more about insulin pump therapy and their options.

- Overview of insulin pumps, both mechanics and delivery of insulin
- Overview of continuous glucose sensors and information they provide
- Hands on demonstrations with current pumps and sensors
- For patients moving forward with a device, individual appointments will be coordinated for training

Contact DLC at 785-368-0416 for scheduling and more information.