



# Diabetes Education Center

Taking Charge of Your Diabetes

The Saint Joseph Health System Diabetes Education Center offers a full range of services that sets the standard for diabetes care in Northern Indiana. Our program is led by an interdisciplinary team, including Registered Nurses and Dietitians, along with other medical professionals who are committed to the total well-being of every patient. The Diabetes Education Center is designed to give those with diabetes the knowledge and confidence they need to manage their disease on a day-to-day basis. Our services are available at Mishawaka and Plymouth Medical Centers.

## Our services

- Taking Charge of Your Diabetes education classes
- Individual education
- Gestational diabetes education
- Medical interpretation services available

## Medication, activity & nutrition

Our Diabetes Care and Education Specialists can help you balance your diabetes care and your lifestyle needs. Understanding all you can about diabetes is the key to gaining control and feeling better. Let our team help you learn about self-management. We can help you live an active healthy lifestyle.

## Taking Charge of Your Diabetes

Taking Charge of Your Diabetes is a class designed to provide complete **education and self-management skills**. It is recommended for individuals newly diagnosed with diabetes and those not previously educated in diabetes care. The fee for this class is covered by most insurance and Medicare.

## Class topics

- What is diabetes
- Self-monitoring of blood glucose
- Role of exercise in decreasing blood glucose levels
- Medications
- Sick-day management
- Meal planning & daily dining challenges
- How to avoid complications
- Coping/stress control
- Skills training
- Goal setting and problem-solving

Saint Joseph Health System has been recognized by the American Diabetes Association for Quality Self-Management Education.\* A physician's order is required to attend these classes. (See back)

To register call **574.335.2372**

SAINT  JOSEPH  
HEALTH SYSTEM

[sjmed.com](http://sjmed.com)

Mishawaka Medical Center  
5215 Holy Cross Pkwy.  
Mishawaka, IN 46545  
**574.335.5000**

Plymouth Medical Center  
1915 Lake Ave.  
Plymouth, IN 46563  
**574.948.4000**