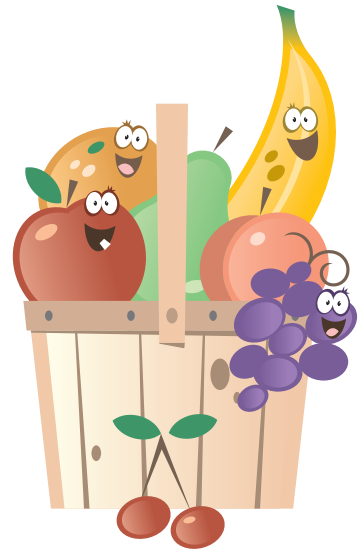


DEARBORN COUNTY HOSPITAL GESTATIONAL DIABETES CLASSES

This class is designed for women who have been diagnosed with gestational diabetes. Classes are held on Tuesdays and Thursdays. Adult family members are encouraged to attend!

PROGRAM CONTENT

- Understanding Gestational Diabetes
- Methods to Control Gestational Diabetes
- Gestational Diabetes and Activity
- Monitoring Glucose Control
- Healthful Eating and Carbohydrate Counting
- Understanding Gestational Diabetes Medications
- Avoiding Problems and Complications
- Additional Sources of Information
- Stress and Emotional Responses to Gestational Diabetes
- Changing Behavior



DIABETES EDUCATORS

Paula Rossell, RD,CD,CDE
Clinical Dietitian
Certified Diabetes Educator

Jennifer Beer, RN,CDE
Clinical Instructor
Certified Diabetes Educator

There is a fee and a doctor's referral is required.



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

For more information or to register please call:

DCH Education Department:

812-537-8431 or 800-676-5572, ext. 8431

DCH Outpatient Nutrition Services:

812-537-8164 or 800-676-5572, ext. 8164