

# Diabetes Self-Management Class

## Harrison County Hospital

Date: Second Tuesday of each month  
*\*A physician order is required to attend the class.*

Time: 9:00am- 4:00pm  
8:30am - Register at Main Registration Desk in the HCH Lobby

Phone: Call (812) 734-3826 for information and registration.

Location: Capitol Room 2

### Topics Include:

1. Definition of Diabetes and Pre-Diabetes
2. Standards of Care
3. Nutrition and Meal Planning
4. Why Exercise is Important
5. Medications for Diabetes
6. Monitoring your Blood Glucose at Home
7. Complications and How to Avoid Them
8. Additional Resources for Diabetes Care

***The Diabetes Self-Management Class is Accredited by the American Association of Diabetic Educators.***



An affiliate of



1141 Hospital Drive NW  
Corydon, IN 47112

[www.hchin.org](http://www.hchin.org)



**Marshall Redden, RD, LDN**  
HCH Registered Dietitian