

AnMed Health Cannon

Diabetes Education

Classes Meet the 2nd Thursday Each Month

Diabetes Basics

A Registered Dietitian will review basic information about Diabetes and Pre-Diabetes. The right balance of physical activity, medicine and foods work together to help you keep your blood glucose in the target range.

Nutrition and Blood Sugar

Participants will get Information about how different foods affect your blood sugar and how to plan meals for home and eating out.

Carbohydrate Counting

How much carbohydrate you eat is very individual. Finding the balance for yourself is important so you can feel your best, do the things you enjoy, and lower your risk of diabetes complications. Information about how many carbohydrates you should eat at each meal or snack, proper portions and how to choose foods by reading labels will be discussed.

Foot Care

A Licensed Physical Therapist will review the importance of proper foot care for people with diabetes and discuss safety awareness. Learn what to look for when inspecting your feet and when to call the doctor. We will also review shoe options that may be available.

Participants must pre-register by calling AnMed Health Scheduling at 864.898-1153. Classes are free.

