

# 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, 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 the Mishawaka Medical Center.

## Our Services

- Taking Charge of Your Diabetes education classes
- Individual education
- Diabetes and Pregnancy education
- Medical interpretation services available

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.

To register call [574.335.2372](tel:574.335.2372)

## Taking Charge of Your Diabetes

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

## Class Topics

- What is diabetes
- Self-monitoring
- Role of exercise
- Medications
- Sick-day management
- Meal planning & daily dining challenges
- How to avoid complications
- Healthy coping
- Skills training
- Goal setting and problem-solving

**SAINT JOSEPH**  
HEALTH SYSTEM  
A Member of Trinity Health



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

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