



Diabetes and YOU

Diabetes Management Class

Course Materials

Topic	Learning Activities	Resources
Diabetes Overview » Webinar » Video	» Hypo and Hyperglycemia » Food Journaling Activity	» Hypoglycemia Fact Sheet » Hyperglycemia Fact Sheet » Recipes and Meal Planning
Nutrition and Diabetes » Webinar » Video	» Create Your Plate	» Recipes and Meal Planning: Fit2me
Exercise and Everyday Tips for Staying Healthy » Webinar » Video		
Diabetes Complications » Webinar » Video		