FREE Diabetes Education



The Center for Diabetes Care offers Empower Diabetes, a **FREE DIABETES EDUCATION PROGRAM,** two times each year. This in-depth program provides information on self-management tools such as:

- Meal planning
- Glucose monitoring
- Exercise

- Medications
- Insulin administration
- Foot care

See the back of this flyer for dates and times.



2025 Empower Class Schedule All classes are free.

8:30-9:30 a.m.	What is Diabetes?	Teri Huse, RN, CDCES	This session will be held in Hudnall Auditorium.
9:30-10:30 a.m.	Hypo/Hyper & Sick Day	Donna Walker, RN	
10:30-11:30 a.m.	Medications/Insulin	Takova D. Wallace-Gay, PharmD, BCACP, and Rachel A. Bratteli, PharmD, BCACP	
11:30-12:00 p.m.	Monitoring	Donna Walker, RN	
12-12:30 p.m.	Stress/Coping	Teri Huse, RN, CDCES	
8:30-9:00 a.m.	Foot Care Video	David A. Andreone, DPM, DABPM	This session will be held in Hudnall Auditorium.
9:00-10:00 a.m.	Exercise	Audrey Hall, RD, CDCES	
10:00-11:00 a.m.	Meal Planning	Audrey Hall, RD, CDCES	
11:00-11:30 a.m.	Goal Setting	Audrey Hall, RD, CDCES	
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We will be offering additional free diabetes education classes on these dates from 9:00 am to noon in Hudnall Auditorium. These classes will be a brief introduction to diabetes.

- February 18, 2025
- April 15, 2025
- June 17, 2025 *Night class from 5 p.m. to 7 p.m.
- August 19, 2025
- November 11, 2025

To register, scan QR code or call 903-877-8978.



