

## Healthy Adults

### Diabetes Programs

#### Diabetes Comprehensive Class

*(offered weekly)*

- One four-hour session designed for patients who are newly diagnosed, poorly controlled or need comprehensive review
- Covers nutrition, blood glucose monitoring, oral medications, insulin, exercise and complication prevention
- Patient will be scheduled to attend a refresher class as a follow up

#### Diabetes Refresher Class

*(offered monthly)*

- One two-hour class designed for patients who have had previous diabetes education who need follow up
- Covers glucose monitoring and individual patient goals

#### Introductory Carbohydrate Counting Class

*(offered twice monthly)*

- One two-hour class designed for patients who need help with carbohydrate counting
- Covers portion sizes of carbohydrates, reading food labels and how to add protein and fat portions to meals

#### Meal Planning Workshop

*(offered monthly)*

- One two-hour workshop designed to help give people tools for food prepping and meal planning
- Provides guidance for grocery store shopping

**Call (843) 402-1099 ext. 2 to learn more about program dates, costs and insurance coverage.**



### AARP Smart Driver Course

This four-hour classroom refresher course is designed to keep you and others safe on the road.

**Roper Hospital – Berkeley**

Auditorium

Thursday, July 19, 9 a.m. – 1 p.m.

**Roper St. Francis Mount Pleasant Hospital**

Medical Office Building, Classroom 3

Thursday, August 16, 9 a.m. – 1 p.m.

**\$15** for AARP Members

**\$20** for non-members

*Please bring a check made payable to AARP or bring exact cash to the class.*

**TO REGISTER VISIT** [www.rsfh.com/advantage](http://www.rsfh.com/advantage)  
or **CALL** (843) 402-CARE (2273).

*Programs are free (unless otherwise indicated).*

*Registration for all programs is required.*