



## Successful Living with Diabetes One Should Not Be a Lonely Number

### Finally, a Program Specifically for Type 1 Diabetes!

Diagnosed with type 1 diabetes “years ago”, but you’ve never had a chance to take a comprehensive course on type 1 diabetes?

Newly diagnosed and want to learn more?

Benefit from meeting and interacting with others with type 1 diabetes!

Sign up for our *Successful Living with Diabetes* program today to learn more about living a long, healthy and happy life with type 1 diabetes.

During this comprehensive 9 hour program (3 or 4 ½ hours each session) you will learn about carbohydrate counting and healthy eating, intensive insulin therapy including carbohydrate to insulin ratios and correction factors, insulin pump therapy, continuous glucose monitoring with a sensor, and current research and future technological advances.

*The Harold Schnitzer Diabetes Health Center Successful Living with Diabetes Program* has been recognized by the American Diabetes Association for Quality Self-Management Education and is taught by a team of Certified Diabetes Educators.

**This program is covered by most insurance plans. A referral from an endocrinologist is required before attending this program. To register for an upcoming program, please call 503.494.3273.**

**For a calendar of upcoming programs, please see the opposite side of this flyer.**

# One Should Not Be a Lonely Number 2011 Programs

## Program Dates

### Wednesdays 9:00 AM – 2:00 PM

Month	Dates
January	12, 19

### Wednesdays 4:30 - 7:30 PM

Month	Dates
March	2, 9, 16
September	7, 14, 21

### Wednesdays 9:00 AM – 12:00 PM

Month	Dates
May	4, 11, 18

### Wednesday & Thursday 9:00 AM – 2:00 PM

Month	Dates
July	13, 14

### Wednesdays 12:00 PM – 4:30 PM

Month	Dates
November	2, 9