



GESTATIONAL DIABETES CLASS

Learn about:

- Gestational diabetes and risk factors
- Blood glucose testing and goals (glucometer provided)
- Meal plan and carbohydrate counting
- Pregnancy nutrition and food safety
- Hypoglycemia teaching
- Introduction to medications
- Follow-up blood sugar review (one to two weeks post class)
- Post-delivery advice: weight loss, nutrition, exercise, breastfeeding and T2DM prevention

Billing:

- Billed to insurance, generally covered (including Medicaid pending)

CLASS SCHEDULE

Fridays, 2 to 3:30 p.m.
(English)

Second and fourth Tuesday of each month, 1 to 3 p.m.
(Spanish)

TO REGISTER

Call: **402.559.8700**

LOCATION

**Zoom or in person classes;
Call for more information.**

Diabetes and Endocrinology Center

Conference Room, Level one

The Diabetes and Endocrinology Center is located in the Specialty Services Pavilion just east of the Durham Outpatient Center.

