

## COMMUNITY WELLNESS

# Diabetes Offerings

**All diabetes classes  
and programs are  
taught by Certified  
Diabetes Care and  
Education Specialists.**



**For more information, call  
410.535.8233 or visit our  
website at  
[CalvertHealthMedicine.org/  
Classes](https://www.CalvertHealthMedicine.org/Classes)**

### **Diabetes Self-Management Education and Support**

A certified program by the American Diabetes Association. This 3—part class is offered telehealth with evening and daytime options. Learn about healthy eating choices, checking blood sugar levels, fitness, how diabetes affects your body and more! *Provider referral required.*

### **General Diabetes and Gestational Diabetes**

A one-on-one appointment to help you understand and create a plan to manage food, blood glucose levels, and more! *Provider referral required.*

### **Medical Nutrition Therapy (MNT)**

A one—on— one appointment with a registered dietitian. Learn to manage chronic disease with dietary recommendations to include meal planning, healthy eating, healthy weight goals, and more! Available on Wednesdays and Fridays. *Provider referral required.*

### **Advanced Diabetes Class**

A FREE virtual class to advance your knowledge to improve diabetes' outcomes in an in-depth course to become empowered. *Register online.*

### **Gestational Diabetes**

A FREE virtual class for pregnant women that have been diagnosed with gestational diabetes and/or previously diagnosed and want to get pregnant again. *Offered in English and Spanish. Register online.*

### **Diabetes Wellness Workshop**

A FREE virtual support group that has a focus on education with monthly speakers. Meets the 2nd Thursday of the month from 7—8pm. *Register Online.*