

Office 989-635-4348 | Fax 989-635-4315 | marletteregionalhospital.org

February 2024- April 2024 Diabetes Self-Management Training Program Group Class Schedule

3006 Main Street, Marlette

Session 1: Understanding Diabetes & Treatment Strategies, Testing & Interpreting Blood Glucose, and Healthy Coping*

- Tuesday 2/6/24 12:30 PM - 3:30 PM
- Wednesday 3/6/24 9:00 AM - 12:00 PM
- Tuesday 4/16/24 5:00 PM - 8:00 PM - Located at the Main Hospital
2770 Main Street, Marlette

Session 2: Dietary Strategies for Better Blood Glucose, Weight, & Cardiovascular Health, Incorporating Activity*

- Tuesday 2/13/24 12:30 PM - 3:30 PM
- Wednesday 3/13/24 9:00 AM - 12:00 PM
- Tuesday 4/23/24 5:00 PM - 8:00 PM - Located at the Main Hospital
2770 Main Street, Marlette

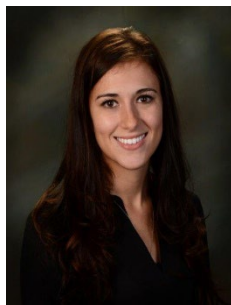
Session 3: Health Consequences of Poor Control, Self-Care Strategies for a Healthier Tomorrow, Diabetes Medications, Preventing Low Blood Glucose, Problem Solving, Setting Health Goals, Review/Q&A*

- Tuesday 2/20/24 12:30 PM - 3:30 PM
- Wednesday 3/20/24 9:00 AM - 12:00 PM
- Tuesday 4/30/24 5:00 PM - 8:00 PM - Located at the Main Hospital
2770 Main Street, Marlette

*Subject to change



Melanie Campbell, RN, CDCES



Lisa Kalbfleisch, RD

This program series is:

- Recognized by the American Diabetes Association & Certified by the Michigan Department of Health & Human Services (MDHHS)
- Taught by a Registered Nurse/ Certified Diabetes Educator & Registered Dietitian