



# 2011 Diabetes Classes CHOC @ Orange and Newport Beach

**455 So. Main St., Orange or 520 Superior, Newport Beach**  
**Please RSVP for all classes and events at 714-532-8330**

Class Name	Date	Time	Where/Room
<b>Advanced Pump Therapy</b> – For those who have been on a pump for 4 months or more	1/12, 5/18, 10/19	4:00-6:00 pm	Orange – C/D (1/12), A/B 5/18 & 10/19
	4/13, 9/14	3:00-5:00 pm	Newport Bch. – CR2
<b>Carbohydrate Counting</b> – Make meal planning easier by balancing the carbohydrates you eat with insulin and exercise. Must be 8 plus to attend.	1/11, 3/8, 4/12, 6/14, 9/13, 10/11, 11/15	5:30-7:30 pm	Orange – Wade – 2nd floor
	2/8	5:30-7:30 pm	Orange -CR A/B – 2nd floor
	5/10, 7/12	5:30-7:30 pm	Orange -CR 1&2 – 3rd floor
	1/24, 4/28, 7/25, 10/27	3:00-5:00 pm	Newport Bch. – CR2
<b>Caregivers Class</b> – Training to enable grandparents, aunts, uncles, babysitters and anyone outside the family to give care to a child with Type 1 Diabetes	1/20, 4/21, 7/2	5:30-7:30 pm	Orange -CR A/B – 2nd floor
	2/17, 3/17, 5/19, 6/16, 9/15, 10/20, 11/17	5:30-7:30 pm	Orange -CR 2 – 3rd floor
	8/4, 11/10	6:00-8:00 pm	Newport Bch. – CR 6
<b>College Preparation</b> – High School Juniors and Seniors and their parents. Light dinner served.	4/28, 7/28	5:30-7:30 pm	Orange -CR A/B – 2nd floor
	5/12	5:30-7:30 pm	Newport Bch. – CR 7
<b>Diabetes Family Night</b>	2/7	5:30-7:30 pm	Newport Bch. - TBD
<b>Diabetes Family Holiday Party</b>	12/1	5:30-8:00 pm	Orange -Wade – 2nd floor
<b>Diabetes Teen Driving</b> – Topics covered: DMV legal aspects of driving, ORANGE obligations, your responsibilities. Parents, drivers and potential drivers 15-19 are encouraged to attend.	2/2	5:30-7:30 pm	Orange -CR 1&2 – 3rd floor
	5/4, 10/5	5:30-7:30 pm	Orange -CR A/B – 2nd floor
	TBD	TBD	Newport Bch.
<b>Type 1 Diabetes/Celiac Disease Support Group</b> – To provide foundation for families to come together and share with others what works great, share recipes, tasteful gluten-free products.	Jan (TBD), 4/11, 7/18, 10/10	4:30-6:30 PM	Orange -CR A/B-2 <sup>nd</sup> floor
<b>Girl's Rock</b> – Teens 15-18 and their mothers. Learn how hormones affect diabetes control. Discuss preparing the way for having a safe and successful pregnancy in the future.	5/26, 10/27	4:00-6:00 pm	Orange -CR A/B – 2nd floor
	3/10	4:00-6:00 pm	Newport Bch. – CR 7
<b>Insulin Shot Class</b> – A fun class for kids who are 7-11 years old who want to learn about giving their own shots. Parents come too.	3/23, 6/22	2:00-4:00 pm	Orange -CR 2 – 3rd floor
	2/10, 8/18	2:00-4:00 pm	Newport Bch. – CR2
<b>Pump Basics</b> – Information meeting for patients wanting information about the pump. First in a series. Physician review and RX needed to start pump therapy.	1/7, 2/4, 3/4, 4/1, 5/6, 6/3, 7/1, 9/2, 10/7, 11/4	4:00-6:00 pm	Orange -CR 2 – 3rd floor
	1/12, 3/9, 6/8, 7/13, 8/10, 10/12, 11/9	3:00-5:00 pm	Newport Bch. – CR 7
<b>Sensor Class</b> – Continuous Glucose Sensor Class – learn how the sensor can allow you to gain greater control of your glucose levels and detect dangerous highs and lows. Find out if sensor therapy is right for you.	3/9, 6/8, 9/21	4:00-6:00 pm	Orange -CR 1 – 3rd floor
<b>Carbohidratos (en Español)</b> – Con estas clases planear tus comidas será más fácil balanceando los carbohidratos que comes con la insulina y los ejercicios. Debes tener por lo menos 8 años para asistir a esta clase.	1/11, 3/8, 9/13, 11/15	5:00-7:00 pm	Orange -CR A/B – 2do piso
Noche Familiar para Diabéticos (en Español) – una noche llena de diversión para reunirse con otras familias que tienen altos y bajos parecidos. Se servirá una cena ligera	6/21	5:30-7:30 pm	Orange - Wade – 2do piso
<b>Clase de Bomba (en Español)</b> – Llamar a Reyna para reservar – 714-516-4204			Orange
<b>Clases de Habilidades (en Español)</b>	2/17, 6/23, 9/15, 12/1	6:00-8:00 pm	Newport Bch. – CR 7