

2010 CLASSES – ADDITIONAL LOCATION

Held at the Mary and Dick Allen Diabetes Center - 520 Superior Ave., Newport Beach, CA

Please RSVP for all classes at 714-532-8330

Check on-line for updates – www.padrefoundation.org Revised – 4/11/10

Classes taught by CHOC Diabetes Team

Advance Techniques of Insulin Pump Therapy – (4:00-6:00 pm) (CR 2) – Mar 11, July 8 (for those who have been on a pump for 4 months or more).

Carbohydrate Class – 3:00-5:00 pm – CR2, 10/29/2009, Jan 21, Apr 15, July 15, Oct 21.

Open to all families and children 8 yrs and above. Come learn a method to make meal planning much easier by balancing the carbohydrates you eat with insulin and exercise.

Caregivers Class – 3:00-5:30 pm – CR2 – Jan 19, Apr 20, July 20, Oct 19

For grandparents, aunts, uncles, babysitters and anyone outside the family who will be responsible for the care of a child with diabetes.

College Prep Class – 5:30-7:30 pm – CR3 – May 13

For high school Juniors and Seniors and their parents. The parents will have a separate session at the same time – light dinner provided.

Diabetes Teen Driving – 4:30-6:00 pm – Oct 29, 2009 (CR7), June 7 (CR2)

Topics covered: DMV legal aspects of driving, CHOC obligations, your responsibilities. All Parents, Drivers and Potential Drivers ages 15-19 are encouraged to attend. Light dinner provided.

Diabetes Family Night – 5:30-7:30 PM (Conference Rooms 6&7) – Thursday, June 10th

A fun night for getting together with other families with similar highs and lows! Meet new friends. Special speakers TBA. Check our website www.padrefoundation.org. Light dinner provided.

Insulin Shot Class – 2:00-4:00 pm – (CR2) Feb 11, Aug 12

Fun class for kids who are 7-11 years old who want to learn about giving their own shots. Parents come too.

Pump Basics – 4:00-6:00 pm – (CR2) – Jan 25, Apr 26, July 26, Oct 25

(Informational meeting for patients wanting information about the pump) First in a series. Additional classes are required and physician review and RX needed to start pump therapy.

Spanish Diabetes Skills – 6:00-8:00 pm – (Conf. Rm 2) – Oct 22, 2009, Jan 28

Clase de Habilidades – 6:00–8:00 pm (Cuarto 2) - 22 de octubre , 28 de enero

Spanish Diabetes Prevention Class - Clases de Prevencion De Diabetes -3:30-6:00pm (Cuarto 2) - 14, 18 de Enero 2010, 4, 18, 25 de Febrero CR2