

**NEW CLASSES – ADDITIONAL LOCATION**

**to be held at the  
Mary and Dick Allen Diabetes Center  
520 Superior Ave., Newport Beach, CA**

**Revised 9/16/09**

**Please RSVP for all classes at 714-532-8330**

**Check on-line for updates – [www.padrefoundation.org](http://www.padrefoundation.org)**

**Advance Techniques of Insulin Pump Therapy** - (for those who have been on a pump for 4 months or more). **Coming in the Fall.**

**Carbohydrate Class – 3:00-5:00 pm – 8/20 CR2, 10/29/2009 – CR6** - 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** - For grandparents, aunts, uncles, babysitters and anyone outside the family who will be responsible for the care of a child with diabetes. **Coming in the Fall.**

**Diabetes Teen Driving – 5:30-7:00 pm – October 29, 2009 - Conf Rm 7** - 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.

**Girl's Rock Class** - This session is for teens 13 - 18 and their mothers. Learn how hormones affect diabetes control. Join in the discussion of preparing the way for having a safe and successful pregnancy in the future. **Coming in the Fall.**

**Pump Basics** - (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. **Coming in the Fall.**

**Shot Class** - Fun class for kids who are 7-11 years old who want to learn about giving their own shots. Parents come, too. **Coming in the Fall.**

**Spanish Diabetes Skills – 6:00-8:00 pm – (Conf. Rm 2)**  
October 22, 2009, January 28, 2010