

**Inova Diabetes Center**  
**Managing Type 2 Diabetes Class Outline**

**Sessions**

**Session 1: Getting Started**

What is Diabetes?  
Type 2 Diabetes Treatment  
Blood Glucose Self Testing  
Your Diabetes Food Plan  
Carbohydrate Counting  
Understanding Food Labels  
Physical Activity  
Planning for Success

**Session 2: Developing My Plan**

Record Book Review  
Meter Maintenance  
Blood Glucose Lows  
Driving and Hypoglycemia  
Blood Glucose Highs  
Your Diabetes Success Plan  
More About Carbohydrate & Meal Planning  
Strategies for Dining Out  
Diabetes and Alcohol  
Working with Your Success Plan  
Sick Day Management

**Session 3: How Am I Doing?**

Success Plan Checkpoint  
Blood Glucose Numbers and A1C  
Natural Changes of Diabetes  
Keeping Your Feet Healthy  
Blood Pressure and Heart Health  
Smoking, Diabetes and Heart Health  
Blood Cholesterol and Triglycerides  
Eating Less Fat

**Session 4: On the Road to a Healthy Life**

Success Plan Checkpoint  
Solving Blood Glucose Puzzles  
Managing Stress  
Diabetes and Depression  
Diabetes Tune Up  
Eating for Heart Health  
Choosing a Healthy Weight-Loss Plan  
Staying in Charge of Diabetes