



NUTRITION EDUCATION CLASSES- Globe

Heart Healthy Living Class:

Meets 1st Wed of the month from 12-1 pm.

This is a 1 hour class for anyone with or at risk for heart disease and hypertension. Find out about your "lipid study" results (cholesterol, triglycerides, LDL and HDL) and learn how to eat healthier for your heart.

Intro to Diabetes Meal Planning:

Meets monthly on the 2nd Wednesday of the month from 12-1 pm.

This is a 1 hour class for anyone with an elevated blood glucose, whether diabetes or not. Find out about your glucose and A1C test results, goals and strategies to improve. Learn about carbohydrate sources as well as how much and when to eat in order to achieve glucose control.

MOVE Weight Management Orientation

Meets monthly on the 4th Wednesday from 10-11am.

Introduction to MOVE! weight management concepts, basic healthy eating skills and MOVE! program options discussed.

Diabetes Basics Broadcast

2nd Monday 9am-12pm

A multi-disciplinary and comprehensive diabetes education program

3 hour class, includes 1 hour of carbohydrate counting and diabetes meal planning

****To enroll in any of the above classes, or for an individual telephone nutrition appointment contact your PACT team, or Nutrition MSA at 602-277-5551 ext 3754.**

GLOBE DIETITIAN: Courtney Engle RD, CNSC 480-579-2242

To address compliments or concerns for the nutrition services you have received please contact the following: **Patient Advocacy - 602-277-5551 x 7394 - Room: 1147**

***** Standard co-pay charges do apply for veterans in enrollment priority group 7 & 8 for Non-MOVE individual and group appointments.**

Revised 4/2016