

NUTRITION EDUCATION CLASSES

Intro to Diabetic Meal Planning:

Meets the 1st or 3rd Tuesday from 2-3 PM or the 4th Tuesday 10-11 AM

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.

Diabetes Basics Broadcast

2nd Monday 9 AM-12 PM

A multi-disciplinary and comprehensive diabetes education program

3 hour class

Heart Healthy Living Class:

Meets 1st or 3rd Monday from 9-10 AM or the 2nd Tuesday 2-3 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.

Healthy Teaching Kitchens Class:

Meets once a month. 3rd Friday 10AM-12PM

Basic cooking skills, menu planning, food safety instruction. Hands on participation.

MOVE Weight Management Introduction Class

Meets the 2nd or 3rd Tuesday 10-11 AM or 4th Tuesday 2-3 PM

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

MOVE! Weight Management Series:

New groups begin every quarterly starting in January, April, July, and October

Meets on Tuesdays from 3-4 PM or Thursdays from 9-10 AM

12-week weight management program that meets for 1 hour per week

General topics include nutrition, behavior modification and exercise.

MOVE! Support Group:

Meets on the 1st and 3rd Thursday of every month from 10:30-11 AM

This is a 30 min class for those that have completed the MOVE! Weight Management Series.

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

NORTHWEST DIETITIAN: KARI LOVATO R.D. (623) 266-8423

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