



Managing Your Diabetes

Free Class offered at Flagler Hospital

*Classes meet on the 1st and 3rd Tuesday each month from 9:30 - 10:30 am
at the Flagler Hospital Wellness Center*

What You'll Learn

Flagler Hospital's Diabetes Resource Team is committed to helping people with diabetes live healthier lives. People diagnosed with Type 1 or Type 2 diabetes will benefit from topics including:

- What is Diabetes?
- Nutrition
- Medication
- Blood Sugar Monitoring
- Preventing Complications
- Exercise
- Stress Reduction
- Pattern Management

Classes are open to the public and free of charge! Participants are encouraged to bring a friend or loved one. Classes are beneficial to both those individuals newly diagnosed with diabetes and individuals already living with diabetes. Classes are informal, group centered and provide ample opportunity for discussion and questions. The sessions are led by a registered dietician and a registered nurse. Both are recognized as Certified Diabetes Educators by the American Association of Diabetes Educators.

What is Diabetes?

Diabetes is a disease characterized by high levels of blood glucose (sugar). People who have diabetes do not make or do not use a hormone called insulin properly. Insulin helps our bodies break down the sugar we eat and use it for energy and keeps glucose from building up in the bloodstream. Over 23 million people in the United States are living with diabetes. Diabetes strikes both adults and children. Poorly controlled diabetes can lead to serious health problems such as heart disease, stroke, kidney or nerve damage, blindness, or amputation. However, people with diabetes can take steps to control the disease and lower the risk of complications.

Our Staff

Chris Fosaaen, RD, CDE has been teaching people about healthy eating for more than 25 years. As a Diabetes Nutrition Educator at Flagler Hospital, she helps patients find ways to make healthy eating simple and enjoyable. Understanding nutrition is a critical first step in diabetes self-management.

Alison Glomboski, RN, CDE has been a registered nurse for almost 20 years, with 15 years experience in diabetes nursing and education. She is currently the Diabetes Resource Nurse at Flagler Hospital, responsible for patient, staff and community education. Alison is deeply committed to helping people live healthy lives with diabetes. As a person living with Type 1 diabetes, Alison can offer her own perspective on the daily challenges of diabetes.

Both Chris and Alison are dedicated to working closely with patients, families, health care providers and the community. Being diagnosed with diabetes can be frightening and confusing. The Diabetes Resource Team at Flagler Hospital is here to help individuals take charge of their diabetes.

Location

Classes are held at the Flagler Hospital Wellness Center located on the hospital campus at 120 Health Park Blvd. Convenient parking is available. Please enter the door on the north side of the Wellness Center. For more information contact Chris at 904-819-4404 ext. 2507 or Alison at 904-819-4794.

