



McLaren Oakland Campus Map



- 1 West Patient Tower
- 2 East Patient Tower
- 3 Emergency Trauma Center
- 4 Corporate Services & Auditorium
- 5 Physical Therapy
- 6 Patient Pickup/Drop-off
★ McLaren Oakland Valet Entrance/Exit on Perry Street
- P McLaren Oakland Parking Parking Garage at Mill Street Parking Lot at Huron Street
- ★ Valet Parking located at the main entrance, is available for only \$3



OAKLAND

50 N. Perry Street • Pontiac, MI 48342
(248) 338-5000

All classes are held on 4 North in the East Patient Tower.
Parking is available in the parking garage on Mill Street.

mclaren.org

2017 Diabetes Classes and Nutritional Counseling

Individual and Group Classes



OAKLAND

Diabetes Basics Class

This class is taught by a Registered Nurse (RN) who will assist participants in answering the following questions:

- › What is diabetes?
- › What are the signs of high and low blood sugar?
- › What should I do when my blood sugar is high or low?
- › What type of lifestyle is right for me?
- › What should I know about my medications?
- › What are the long-term effects of high blood sugar and what can I do to prevent them?
- › What should I do if I get sick?
- › How do I check and record my blood sugars?

The class is two hours in length.

There is no charge to attend this class and we invite you to bring a guest.

Diabetes Basic Classes

Tuesdays

9 – 11 a.m. and 5 – 7 p.m.

You may attend either class.

- › January 10
- › February 7
- › March 7
- › April 11
- › May 9
- › June 6
- › July 11
- › August 8
- › September 12
- › October 10
- › November 7
- › December 12

Diabetes Nutrition Class

Diabetes nutrition counseling is offered to you by the Department of Nutritional Services at McLaren Oakland. Registered dietitians present monthly classes at the main campus in Pontiac. You will learn:

- › Carbohydrate counting and meal planning
- › How to read food labels
- › How to judge portion size
- › Eating out and fast foods
- › Special occasion foods
- › “Sugar-free foods”

The class is two hours in length.

There is no charge to attend this class and we invite you to bring a guest.

Diabetes Nutrition Classes

Thursdays

1 – 3 p.m.

- › January 12
- › February 9
- › March 9
- › April 13
- › May 11
- › June 8
- › July 13
- › August 10
- › September 14
- › October 12
- › November 9
- › December 14

Individual Nutritional Counseling

- › The Department of Nutritional Services at McLaren Oakland provides individual instruction through the outpatient nutrition counseling center.
- › Individualized assessment and diet education is provided by registered dietitians. Counseling sessions are typically one hour long.
- › A diet prescription from your physician is required for this service. Dietitians can assist you in obtaining a prescription.
- › Individual counseling fee is \$120 or \$80 if paid on the day of service. Some insurance companies MAY cover the cost of individual nutrition counseling for diabetes education. Please check with your insurance company prior to making an appointment.
- › Additional Individual Nutritional Counseling available:
 - › Renal diet/low protein diet
 - › Cardiac diet/low fat diet
 - › Weight loss diet
- › For more information or to schedule individual nutritional counseling call (248) 338-5284 to speak to a registered dietitian.

Call (248) 338-5284 to register or visit mclaren.org/Oakland. If registering online, click on 'Classes and Events' and then select the Diabetes Basics and/or the Diabetic Nutrition Class.