



Advanced PUMP THERAPY

Learn how to control blood sugars and the latest in insulin pump management. This class is recommended two to four months after starting on the pump.

DATES: 3/1, 6/7, 9/20

TIME: 5:30pm - 7:30pm



COLLEGE PREPARATION

High School seniors and their parents learn tips for managing risky behavior and transitioning to college life.

DATES: 4/12, 6/28

TIME: 5:30pm - 7:30pm

Celiac Disease & Type 1 Diabetes Family Night

This is a group setting for families to come together, share tips for success and taste gluten-free products.

DATES: 2/3, 9/24

TIME: 4:30pm - 6:30pm



CONTINUOUS GLUCOSE MONITOR

Whether you are looking into getting a CGM or if you already have one, come learn how to use it to its fullest potential. (This class is not designed for device setup).

DATES: 2/15, 4/19, 6/21, 8/23, 10/18, 12/20

TIME: 5:00pm - 6:30pm



Caregivers Class

This program offers training to enable grandparents, aunts, uncles, babysitters, health professionals and anyone outside the family to give care to a child with Type 1 diabetes.

DATES: 1/25, 2/22, 3/22, 4/19, 5/31, 6/14, 7/19, 8/16, 9/13, 10/11, 11/15, 12/13

TIME: 5:00pm - 7:00pm

Diabetes Teen Driving

Topics covered are DMV legal aspects of driving, physician obligations and your responsibilities. Parents, drivers and potential drivers from 15 to 19 years old are encouraged to attend.

DATES: 4/26, 10/25

TIME: 5:00pm - 7:00pm

Girls Rock

Hormones change blood sugars? Topics include menstrual cycle, child bearing, and much more. This is highly recommended for mothers and teenage girls.

DATES: 5/10, 10/11

TIME: 5:30pm - 7:30pm

Carbohydrate Counting

Learn how to create lifestyle habits based on healthy eating and exercise. Practice reading nutrition labels, and use resources to accurately count carbs for insulin dosing.

DATES: 1/18, 2/15, 3/22, 4/26, 5/24, 6/21, 7/12, 9/6, 10/25, 11/8, 12/20

TIME: 5:00pm - 7:00pm

PUMP BASICS

Pump Therapy and questions about the pump are covered by a Certified Diabetes Educator. Representatives from Medtronic, Omnipod, and Tandem will be in attendance to introduce their product.

DATES: 1/4, 2/1, 3/15, 4/5, 5/3, 6/7, 7/5, 8/2, 9/6, 10/4, 11/22, 12/6

TIME: 5:00pm - 7:00pm

CLASES
EN
ESPAÑOL

CARBOHIDRATOS: Planear tus comidas será más fácil balanceando los carbohidratos que comes con la insulina y los ejercicios. Favor de llamar a Reyna para reservar 714-509-4204.

DATES: 1/9, 3/13, 5/8, 7/10, 9/11, 11/13 **TIME:** 5:00pm - 7:00pm

CLASE DE BOMBA: Favor de llamar a Reyna para reservar 714-509-4204.

DATES: TBD **TIME:** TBD

2018 EDUCATION CLASSES MARY & DICK ALLEN DIABETES CENTER



Advanced PUMP THERAPY

Learn how to control blood sugars and provide the latest in insulin pump management. This class is recommended two to four months after starting on the pump.

DATES: 1/8, 4/9, 10/1
TIME: 5:30pm - 7:30pm



Carbohydrate Counting

Learn how to create lifestyle habits based on healthy eating and exercise. Practice reading nutrition labels, and use resources to accurately count carbs for insulin dosing.

DATES: 1/22, 4/5, 7/16, 8/2, 10/15, 11/8
TIME: 5:00pm - 7:00pm



Caregivers Class

This program offers training to enable grandparents, aunts, uncles, babysitters, health professionals and anyone outside the family to give care to a child with Type 1 diabetes.

DATES: 1/22, 5/8, 9/10, 12/11
TIME: 5:00pm - 7:00pm



PUMP BASICS

Pump Therapy and questions about the pump are covered by a Certified Diabetes Educator. Representatives from Medtronic, Omnipod, and Tandem will be in attendance to introduce their product.

DATES: 1/8, 3/12, 5/14, 7/9, 9/17, 11/12
TIME: 5:30pm - 7:30pm

COLLEGE PREPARATION

High School seniors and their parents learn tips for managing risky behavior and transitioning to college life.

DATES: 5/3
TIME: 5:30pm - 7:30pm

Diabetes Teen Driving

Topics covered are DMV legal aspects of driving, physician obligations and your responsibilities. Parents, drivers and potential drivers from 15 to 19 years old are encouraged to attend.

DATES: 2/15, 7/26
TIME: 5:00pm - 7:00pm

Girls Rock

Hormones change blood sugars? Topics include menstrual cycle, child bearing, and much more. This is highly recommended for mothers and teenage girls.

DATES: 3/8
TIME: 5:30pm - 7:30pm

LOCATIONS

CHOC CLINIC BUILDING
1201 W. La Veta Ave.
Orange, CA 92868

MARY AND DICK ALLEN CENTER
520 Superior Ave.
Newport Beach, CA 92663

PADRE FOUNDATION
557 S. Main Street
Orange, CA 92868

- All classes are brought to you FREE by the PADRE Foundation.
- Please RSVP to the classes online or by calling 714-509-8330, as they are subject to change.
- Parking at the Clinic Building is subject to a \$5 parking fee.
- The PADRE Foundation is a nonprofit 501(c)3, TIN 33-0099451. Donations can be made at padrefoundation.org.

