

## Diabetes Group Education Class Veteran Information Sheet

- WHO:** This class is for Veterans with diabetes or pre-diabetes. A guest may attend class with you.
- WHAT:** Find out what diabetes means and how to manage it well.
- WHEN:** The 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Monday of each month (10:30 – 12:30pm).

### CLASS DESCRIPTION:

- 1<sup>st</sup> class: Introduction to diabetes
- 2<sup>nd</sup> class: Medications and nutrition
- 3<sup>rd</sup> class: Complications of diabetes and activity

**Note:** A **support group** is held the 2<sup>nd</sup> Tuesday of the month at 10:30 a.m. for those who have completed the classes.

### IF MULTIPLE CLASSES, MAY THEY BE ATTENDED OUT OF ORDER:

Yes

### WHERE:

Patient Education Room #1-2315 (2<sup>nd</sup> Floor, Main Building of Aleda E. Lutz VAMC)  
Available via Clinical Video Telehealth (CVT) for all Community Based Outpatient Clinics (CBOCs).

### WILL VETERAN GET TRAVEL PAY?

Yes – if eligible

### HOW CAN A VETERAN JOIN THIS CLASS?

Speak with your Primary Care Provider or a staff member on your Primary Care Team to let them know you are interested.