

CLASS NAME:

How to Manage Diabetes -- Red Rock Pointe

CLASS DAY AND TIME: Wednesdays, 1:45pm - 3:30 pm

CLASS SEMESTER: Spring 2026

INSTRUCTOR NAME: Richard Davis

INSTRUCTOR CONTACT INFORMATION:

Angel Garcia Saavedra 702.616.4932 or angel.garciasaavedra@dignityhealth.org

Course Overview/Description: 3-5 sentences

Take charge of your diabetes and find the support you need to live your fullest life. This virtual workshop teaches you effective tools to manage your diabetes through healthy eating, fun physical activity, stress relief and monitoring.

Course Materials:

Each participant will receive a copy of "Living a Healthy Life with Chronic Conditions."

Week	Topic	Notes
Week 1 / Feb 4	What is Diabetes?	Monitoring/ Action Planning
Week 2 / Feb 11	Healthy Eating	Menu Planning Part 1
Week 3 / Feb 18	Managing Stress	Problem Solving
Week 4 / Feb 25	Physical Activity	Preventing Low Blood Sugar
Week 5 / March 4	Food Choices / Preventing High Blood Sugar	Menu Planning Part 2 / NO CLASS March 18
Week 6 / March 25	Dealing with Depression	Relaxation Body Scan
Week 7/ April 1	Communication Skills	Decision Making
Week 8 / April 8	Medication Usage	Sick Days
Week 9 / April 15	Preventing Complication	Foot Care
Week 10 / April 14	Working with Your Health Care Provider	Looking Back and Planning for the Future

***content/order/classes/speakers subject to change if needed.**