

•MEDICAL NUTRITION THERAPY•

We now offer a Medical Nutrition Therapy Class for people who do not have diabetes. This class will specifically focus on the importance of a healthy diet to reduce the risk of major health complications.

Who should attend this class:

- Anyone with high cholesterol and/or high blood pressure that is at risk of heart disease
- Anyone with a Body Mass Index (BMI) of 30 or higher
- Anyone at high risk for heart disease, cancer, or diabetes
- Anyone with Metabolic Syndrome

This 2-hour class focuses on:

- How to choose healthy fats
- The importance of adding fiber to your diet
- How to reduce the use of salt in your meals
- How to read and understand food labels
- The importance of smaller portion sizes
- The importance of a safe exercise routine under your doctor's supervision
- How to make healthier choices when dining out

Our services are usually covered by insurance. You may want to contact your insurance company about specific coverage. We offer a discounted rate for anyone who must pay out of pocket.



All of our classes are held at our Denver West office unless otherwise noted.

For specific dates and times, please call our receptionist at (303) 716-8039

***New West
Diabetes and Nutrition Center
1707 Cole Blvd, Suite 250
Golden, Colorado 80401***

New WEST
Physicians

We Put Your Health First

***Diabetes and
Nutrition Center***



Classes Offered In 2009

Gretchen Broecker, MS, RD, CDE

Kathleen Peralta, RD, CDE



•DIABETES SELF-MANAGEMENT•

Our Diabetes Self-Management Course is a two-part series. Classes are held several times throughout each month at our Denver West office.

Who should attend this course:

- Anyone with a new diabetes or pre-diabetes diagnosis
- Anyone with diabetes or pre-diabetes that has not attended a class for at least 5 years
- Anyone with diabetes or pre-diabetes who would like to refresh their diabetes education

•DIABETES AND NUTRITION: CLASS 1•

This 3-hour class focuses on:

- What happens in the body when you have diabetes?
- Treatment options and how medications work
- What is blood glucose and what is a blood glucose meter?
- What are carbohydrates and how do you count them?
- How to read labels and determine portion sizes

•STAYING HEALTHY: CLASS 2•

This 3-hour class focuses on:

- Making healthier choices when dining out
- How to choose healthy fats
- Stress management and how it affects your blood glucose
- Physical activity and weight loss for blood glucose control
- Which tests you should regularly have to maintain your health

•PATTERN MANAGEMENT•

This class will be offered to patients who are currently taking insulin and are established with our office. Patients will learn to adjust insulin for their lifestyle: exercise, eating out, and traveling. This class is 2-hours in length.

•INSULIN PUMP THERAPY & CONTINUOUS GLUCOSE MONITORING•

We also teach classes for those patients who are using insulin pump therapy or continuous glucose monitoring. Please call our office if you are interested in learning about either one of these technologies to help you better control your diabetes. The cost of these classes is typically covered by the device manufacturer.

•CARBOHYDRATE COUNTING•

Our Carbohydrate Counting Class is offered to anyone with diabetes who simply wants to refresh their carb counting skills. This 2-hour class will be offered every other month.



•COOKING AND SHOPPING CLASSES•

Our Cooking and Shopping classes are offered to anyone with diabetes that would like to better understand how to purchase and prepare healthy meals. These classes will be offered opposite each other every other month on a rotating schedule.

•COOKING CLASS•

This 2-hour class is offered once every other month and will focus on:

- How to prepare quick healthy meals
- How to choose healthy ingredients
- How to determine portion sizes while cooking

•SHOPPING CLASS•

This class is a two-part series offered every other month. Each class will be 1.5 hours in length. The first class will be at our Denver West office and the second class will be held at a local grocery store. This class focuses on:

- How to make healthy purchases at the grocery store
- The importance of reading labels while shopping
- How to eat healthy without resorting to overpriced specialty foods