



DIABETES CLASS

Bamboo Nutrition

Join our monthly diabetes class for those with diabetes of any kind.

We also welcome caregivers, spouses, and partners supporting those with diabetes.

This class is led by registered dietitian and certified diabetes care and education specialist, Lynn Eaton!

Classes begin Thursday, January 4th, 2024 and will be held the first Thursday of every month from 4-5pm!

VARIOUS CLASS TOPICS INCLUDE:

- Diabetes basics including what it is, what happens in the body, and how to influence your glucose levels
- Diabetes technology including continuous glucose monitors and blood sugar meters
- Caring for your physical health when you have diabetes
- Nutrition education for diabetes and co-occurring conditions such as high blood pressure, high cholesterol, etc.
- Cooking skills, eating strategies, and meal planning (including ways to make grocery shopping easier)
- Traveling with Diabetes
- And much more!

ABOUT OUR CLASSES:

- Classes are In person at our office, Bamboo Nutrition, In Columbia, MO.
- Classes are \$35 per person, we do not bill Insurance for classes. Payment is accepted by cash or card, including HSA.
- Classes are offered the first Thursday of every month from 4:00-5:00PM.
- Each class is 60min, beginning with a 20-30min presentation, handouts provided, and followed by 30-40min to ask questions related to the presentation or something you've been wanting answered.
- Each class stands Individually, you are welcome to come to one or multiple, whatever you need!

Are you ready to learn about caring for yourself?

SIGN UP ONLINE NOW!

www.bamboonutritionrd.com/diabetes-class

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Diabetes Class Upcoming Schedule

The first Thursday of every month 4:00-5:00pm

In person at the Bamboo Nutrition office

1905 Cherry Hill Dr. Ste 300 Columbia, MO 65203

January 4th, 2024	Diabetes Basics: What's Happening In Your Body
February 1st, 2024	Nutrition Therapy for Diabetes & Co-occurring Conditions
March 7th, 2024	Caring for Your Physical Health with Diabetes
April 4th, 2024	Cooking and Meal Preparation Skills and Tips
May 2nd, 2024	Diabetes Technologies: Blood Sugar Meters, Continuous Glucose Monitors, Apps, and More!
June 6th, 2024	Meal Planning and Grocery Shopping with Diabetes

bamboo nutrition
experience peace with food