

# Have you heard?



**Diabetes Refresher Courses and Advanced Diabetes Classes  
are available at the Reppell Diabetes Learning Center of BRMC!**

## **Refresher Series**

- **Meals 3:** Review and revise your meal plan, get healthy cooking tips from the dietitian, learn more about healthy food combinations.
- **Basics 3:** Review your medications, learn problem solving skills, learn how to prevent complications.

## **Advanced Series**

- **Meals 4:** Learn weekly menu planning, favorite recipe revisions, and have a Q&A session with the dietitian.
- **Basics 4:** Receive diabetes updates and learn more about blood sugar testing and medication timing.

**If you have previously completed the BRMC Diabetes Education Program and feel like you could benefit from additional education, contact your physician or the RDLC at (870) 508-1765 for more information.**

