

Diabetes Self-Management Program
January

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					 1	2
3	4 5:30 7:30 On the Road to Control	5	6	7	8	9
10	11 5:30 7:30 Eating Healthy	12	13	14	15	16
17	18 5:30 7:30 Blood Glucose	19	20	21	22	23
24	25 5:30 7:30 Continue Journey	26	27	28	29	30
31	Kathi Taylor, MS, RD, LMNT, CDE, CPT 402-223-6758 Core Office Hours: Call in advance to schedule assessment/consultation Monday: 9:00 - 7:30 Thursday 8:00 - 6:30					

Diabetes Self-Management Program
February

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 5:30 7:30 On the Road to Control	2	3	4	5	6
7	8 5:30 7:30 Healthy Eating	9	10	11	12	13
 14	15 5:30 7:30 Blood Glucose	16	17	18 6:00-7:30 Diabetes & Heart Disease	19	20
21	22 5:30 7:30 Continue Journey	23	24	25	26	27
28						
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Diabetes Self-Management Program
March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 5:30 7:30 On the Road to Control	2	3	4	5	6
7	8 5:30 7:30 Healthy Eating	9	10	11	12	13
14	15 5:30 7:30 Blood Glucose	16	17	18	19	20
21	22	23 	24	25	26	27
28	29 5:30 7:30 Continue Journey	30	31			

2010


Kathi Taylor, MS, RD, LMNT, CDE, CPT
402-223-6758

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Thursday 8:00 - 6:30

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April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 5:30 7:30 On the Road to Control	6	7	8	9	10
11	12 5:30 7:30 Healthy Eating	13	14	15 5:30 Focus on Prevention	16	17
18	19 5:30 7:30 Blood Glucose	20	21	22	23	24
25	26 5:30 7:30 Continue Journey	27	28	29	30	

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May

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2	3 5:30 7:30 On the Road to Control	4	5 	6	7	8	
9	10 5:30 7:30 Healthy Eating	11	12	13 5:30 10 Ways to Control Cost	14	15	
16	17 5:30 7:30 Blood Glucose	18	19	20	21	22	
23	24 5:30 7:30 Continue Journey	25	26	27	28	29	
30	31 	Kathi Taylor, MS, RD, LMNT, CDE, CPT 402-223-6758 Core Office Hours: Monday: 9:00 - 7:30 Thursday 8:00 - 6:30				Call in advance to schedule	

Diabetes Self-Management
June

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 5:30 7:30 On the Road to Control	8	9	10	11	12
13	14 5:30 7:30 Healthy Eating	15	16	17	18	19 CFR 2010! June 19th-26th
20	21 5:30 7:30 Blood Glucose	22	23	24	25	26
27	28 5:30 7:30 Continue Journey	29	30			
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Diabetes Self-Management
July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
 4	5 5:30 7:30 On the Road to Control	6	7	8	9	10
11	12 5:30 7:30 Healthy Eating	13	14	15	16	17
18	19 5:30 7:30 Blood Glucose	20	21	22	23	24
25	26 5:30 7:30 Continue Journey	27	28	29	30	31

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August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 5:30 7:30 On the Road to Control	3	4	5	6	7
8	9 5:30 7:30 Healthy Eating	10	11	12	13	14
15	16 5:30 7:30 Blood Glucose	17	18	19	20	21
22	23 5:30 7:30 Continue Journey	24	25	26	27	28
29	30	31				

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Diabetes Self-Management Program
September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Labor Day	7 5:30 7:30 On the Road to Control	8	9	10	11
12	13 5:30 7:30 Healthy Eating	14	15	16	17	18
19	20 5:30 7:30 Blood Glucose	21	22	23	24	25
26	27 5:30 7:30 Continue Journey	28	29	30		
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October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 5:30 7:30 On the Road to Control	5	6	7	8	9
10	11 5:30 7:30 Healthy Eating	12	13	14	15	16
17	18 5:30 7:30 Blood Glucose	19	20	21	22	23
24	25 5:30 7:30 Continue Journey	26	27	28	29	30
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November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 5:30 7:30 On the Road to Control	2	3	4	5	6
7	8 5:30 7:30 Healthy Eating	9	10	11 World Diabetes Day	12	13
14	15 5:30 7:30 Blood Glucose	16	17	18 7-8:30 Diabetes Month	19	20
		23 1-2:30 Diabetes Month	24	25 Thanksgiving	26	27
28	29 5:30 7:30 Continue Journey	30				

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Diabetes Self-Management Program
December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 5:30 7:30 On the Road to Control	7	8	9	10	11
12	13 5:30 7:30 Healthy Eating	14	15	16	17	18
19	20 5:30 7:30 Blood Glucose	21	22	23	24	25 
26	27 5:30 7:30 Continue Journey	28	29	30	31	

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