

## TRANSPLANT DIABETES CLASS



*Learn how good blood sugar control will help you through your transplant process!*

<b>Who</b>	This one-time class is taught by an interdisciplinary team. It is for people with diabetes who are in the transplant process. Family members and friends are encouraged to attend free of charge.
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<b>What</b>	Learn self care skills to manage your blood sugars and improve your health before and after your transplant. Topics include:	
	<ul style="list-style-type: none"> <li>✓ What to eat</li> <li>✓ Avoiding infection</li> <li>✓ Exercise strategy</li> </ul>	<ul style="list-style-type: none"> <li>✓ Insulin and medication management</li> <li>✓ How to manage diabetes during illness</li> <li>✓ Management of high and low blood sugars</li> </ul>

<b>When</b>	Class meets once for 2 hours and is offered at two different times per month. Please see schedule below for <b>2009 class dates</b>
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<b>Wednesday Class</b> dates are offered on the <b>2<sup>nd</sup> Wednesday</b> of each month and begin at 4:00 pm		
✓ January 14	✓ May 13	✓ September 9
✓ February 11	✓ June 10	✓ October 14
✓ March 11	✓ July 8	✓ November 11
✓ April 8	✓ August 12	✓ December 9

<b>Tuesday Class</b> dates are offered on the <b>3<sup>rd</sup> Tuesday</b> of each month and begin at 4:00 pm		
✓ January 20	✓ May 19	✓ September 15
✓ February 17	✓ June 16	✓ October 20
✓ March 17	✓ July 21	✓ November 17
✓ April 21	✓ August 18	✓ December 15

<b>Where</b>	Class is held in the Stanford Hospital and Clinics Ground floor Facilities Conference Room (#HH002A) please see directions on back of this page
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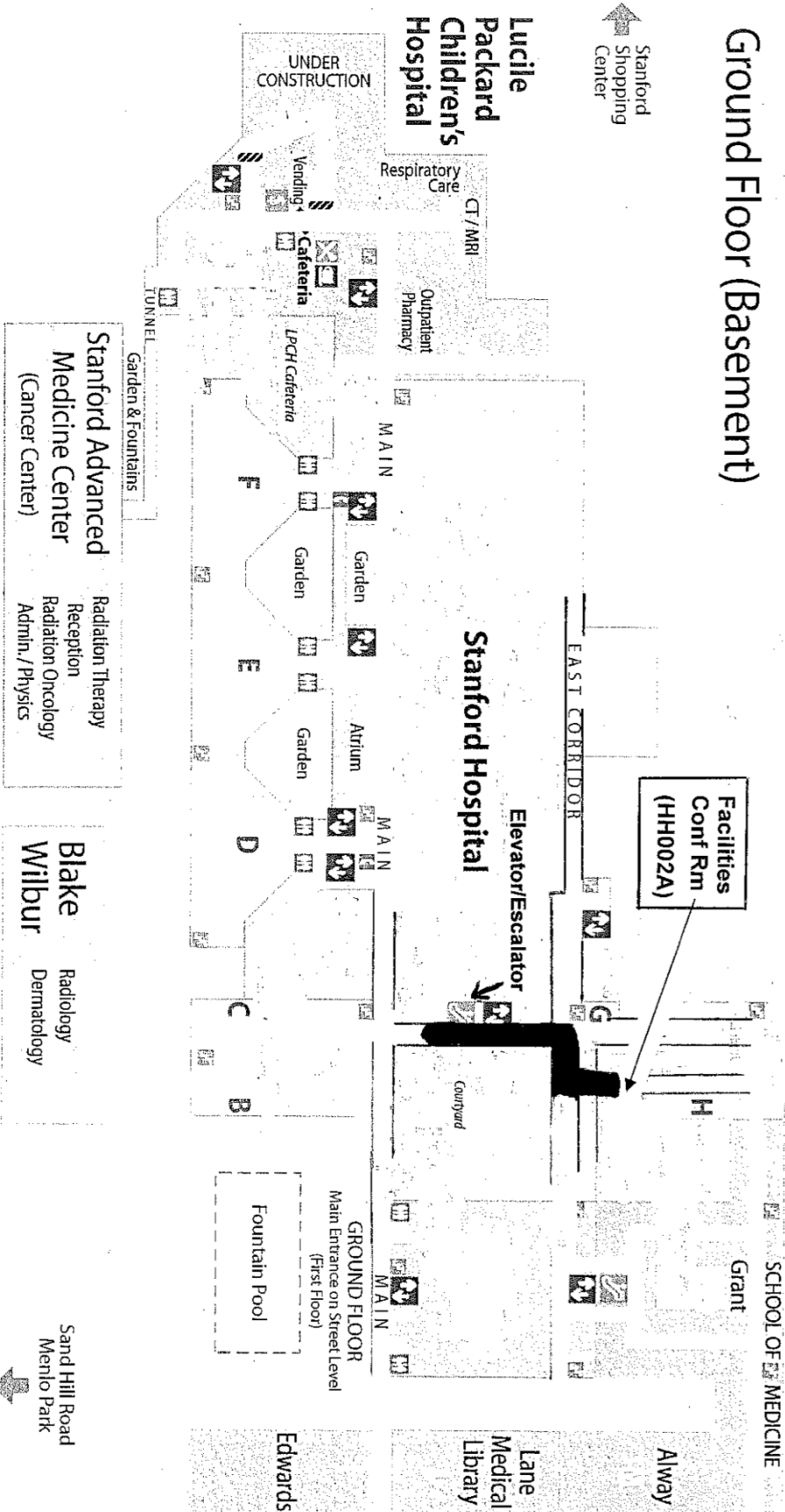
<b>How</b>	To register for this class call (650) 725-1988.
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**DIRECTIONS TO FACILITIES CONFERENCE ROOM (Rm. #HH002A)  
ON THE GROUND FLOOR OF STANFORD HOSPITAL**

From Stanford Hospital (street level)

- From the main entrance of Stanford Hospital (where the fountain pool is), go through the double glass doors.
- Turn LEFT down the MAIN corridor until you come to the Stanford Gift Shop.
- Turn RIGHT at Corridor One. Go past the magazine rack on your left.
- Take an immediate LEFT and take the DOWN escalator to the Ground Floor. (If you prefer to take the elevator, the elevator bank is to your left, just beyond the escalators).
- When you get off the escalator or elevator, step into the hallway and turn LEFT.
- Pass the Men's restroom (on your right) and turn RIGHT onto the East Corridor hallway. See sign hanging from the ceiling: Engineering & Maintenance/Credit Union/Interpreter Services.
- Turn LEFT at the sign. As you walk down the hallway, pass Room HH002 on your right (room numbers are above the doorway).
- Conference room (HH002A) is AFTER Room HH002 and is on your immediate RIGHT a few feet from HH002.

## Ground Floor (Basement)



Sand Hill Road  
Menlo Park