

[The University of Maryland Diabetes Network](#) offers the latest available therapies, clinical trials and custom tailored care plans just for you. Education is a key component to living with and managing diabetes. Below you will find the educational classes available at each University of Maryland Diabetes Network location.

University of Maryland Baltimore Washington Medical Center

Comprehensive Education Courses	Description
Take Control Now! (2 Hour Session Billed to Insurance)	What is diabetes? What are my numbers supposed to be? Learn how to check your blood glucose and how to treat highs and lows.
Now What Do I Eat? (2 Hour Session Billed to Insurance)	How much should I eat? Learn what foods contain carbohydrates and fiber. Get started on meal planning.
Still In Control (2 Hour Session Billed to Insurance)	How does exercise help control diabetes? Learn how to avoid complications.
Heart Healthy Nutrition (2 Hour Session Billed to Insurance)	Learn how to dine out, keep your blood glucose in target & eat for a healthy heart.

Refined Management Skills	Description
Strength in Numbers! (1 Hour Session Billed to Insurance)	What am I supposed to do with these numbers? Why do I need to keep a logbook? This class is targeted to participants on insulin or oral medications.
Carb Counting Refresher (1 Hour Session Billed to Insurance)	Want to have even more control? Forgot how many carbs are in that plate of pasta? Can I still eat my favorite foods? Learn how to enjoy your carbs and not feel guilty.
Back on Track (1 Hour Session Billed to Insurance)	You want to get into better glucose control and have already been through classes. What do you do? Attend this workshop to help create goals specific to your lifestyle and receive the resources you need to succeed.

Advanced Skills for Blood Glucose Control Courses	Description
Flexible Insulin Therapy (F.I.T.)/ Pump (5- 2.25 Hour Session Billed to Insurance)	Learn the fundamental concepts of controlling blood glucose levels. This series is for participants who are receiving medical management at our center and are interested in fine-tuning diabetes management and /or considering insulin pump therapy.
Sensor Clinic (1 Hour Appointment Billed to Insurance)	Individual appointments for endocrinology patients who want to obtain more information about glucose trends. Participants will need to keep detailed records while wearing the sensor.

Additional Offerings	Description
Gestational Diabetes (2 Hour Session Billed to Insurance)	Attend this session to understand gestational diabetes and how to care for yourself to achieve a healthy pregnancy.
Support Group (Call for Schedule: 410-787-4940)	Designed for people with diabetes and their family members to better understand living with diabetes. This meeting offers a positive environment where you can talk with others, share concerns and learn new approaches to diabetes self-management. Call for schedule.

<p>Healthy Living Workshop (1 Hour Session- \$25 Fee Not Billed to Insurance)</p>	<p>Learn how to make simple nutrition and exercise changes to help achieve weight loss, lower blood pressure, lower cholesterol and prevent diabetes. Call to register.</p>
--	---

University of Maryland Shore Regional Health

Comprehensive Education Programs (3 Hour Session)	Description
<p>Class 1 Topics (Tuesdays 9am-12pm or Wednesday 1:30-4:30pm)</p>	<p>Diabetes Overview, Pattern Management, Preventing Complications, Healthy Eating, Carb Counting and Meal Planning.</p>
<p>Class 2 Topics (Tuesdays 9am-12pm or Wednesday 1:30-4:30pm)</p>	<p>Diabetes Medications, Blood Glucose Monitoring, Hypoglycemia, Dining Out and Shopping.</p>
<p>Class 3 Topic (Tuesdays 9am-12pm or Wednesday 1:30-4:30pm)</p>	<p>Taking Charge of Diabetes, Emotional Aspects, Sick Day Plan, Foot Care, Physical Activity and Goal Setting.</p>

Refine Management Skills Programs (2 Hour Session)	Description
<p>Carb Counting Class (Offered the first Tuesday of every month from 1:30 – 3:30 pm)</p>	<p>Carb Counting — the most common method of meal planning that allows you to stay in control and still eat your favorite foods. Learn how to enjoy carbs and not feel guilty. This class is suitable for those who need an introduction on how to use this method, or anyone who needs a refresher on the technique.</p>
<p>Diabetes Self-Management Refresher Class (Offered the fourth Monday of every month from 10 am – 12 pm)</p>	<p>You’ve taken diabetes education classes in the past, but still have questions. Come to this refresher class, and let us help take your diabetes management to the next level.</p>
<p>Gestational Diabetes Class (Offered every Thursday 10 am – 12 pm)</p>	<p>Attend this session to understand gestational diabetes and how to care for yourself to achieve a healthy pregnancy.</p>

Additional Offerings	Description
<p>Support Group (Monthly and Free)</p>	<p>Designed for people with diabetes and their family members to better understand living with diabetes. This meeting offers a positive environment where you can talk with others, share concerns and learn new approaches to diabetes self-management. Call for the schedule.</p>

University of Maryland Medical Center Midtown Campus

Comprehensive Education Courses	Description
<p>Diabetes & Me (2 Hour Class)</p>	<p>Diabetes Overview.</p>
<p>What Can I Eat? (2 Hour Class)</p>	<p>Meal Planning Strategies.</p>
<p>Day-to-Day Life with Diabetes (2 Hour Class)</p>	<p>Blood-glucose targets, how to prevent and treat highs and lows.</p>
<p>Looking Down the Road (2 Hour Class)</p>	<p>How managing diabetes over time may need to change, preventing long-term complications of diabetes.</p>
<p>Check-Up Class: How Am I Doing? (1 Hour Class)</p>	<p>Review progress from the beginning of program, follow-up and support.</p>

Refine Management Skill Courses	Description
Individual Appointment (1 Hour Class Billed to Insurance)	One-on-one appointment with our diabetes educators can offer an individualized approach to improve your glucose control. This appointment will provide a personal assessment, individualized goal setting and strategies to improve blood glucose control one day at a time.
CSI: Pattern Management Workshop (1 Hour Class Billed to Insurance)	Trying to make sense of all the ups and downs? It's time for a new approach. You have been asked to begin an investigation, an investigation into YOUR blood glucose. In this workshop you will become a detective, searching out what makes your blood glucose go high and what make them go low, and then look for solutions.
Mobile Prescription Therapy Program (Individual Session with Educator Billed to Insurance)	This prescription program is for participants with type 2 diabetes who are receiving medical management at our center and are interested in mobile technology tools to help in self-managing their diabetes between visits to their provider.

Advanced Skills for Blood Glucose Control Courses	Description
Plump Program (3-2 Hour Classes Billed to Insurance)	One-on-one appointment with our diabetes educators can offer an individualized approach to improve your glucose control. This appointment will provide a personal assessment, individualized goal setting and strategies to improve blood glucose control one day at a time.
Glucose Sensor Program (Billed to Insurance)	Individual sessions for endocrinology patients who want to obtain more information about glucose trends. Participants will need to keep detailed records while wearing a continuous glucose sensor.
V-Go Insulin Delivery Program (Billed to Insurance)	Individual sessions with the educator to get started with a disposable insulin delivery device mainly for participants with type 2 diabetes on insulin therapy.

Additional Offerings	Description
Healthy Lifestyle Series (3-1 Hour Class Billed to Insurance)	Be Active, Eat Healthy, Be Mindful Sessions.
Armchair Exercise Diabetes Classes (1 Hour Classes Billed to Insurance)	For participants who want to learn how to increase physical activity in spite of physical limitations.
Pregnancy Class (1.5 Hour Class)	For expectant mothers with gestational diabetes or pre-existing diabetes.
Support Group (Monthly) (Free)	Designed for people with diabetes and their family members to better understand living with diabetes. This meeting offers a positive environment where you can talk with others, share concerns and learn new approaches to diabetes self-management.

Specialized Courses	Description
Carbohydrate Counting for Insulin Pump Therapy and Flexible Insulin Management (2.5 Hour Class Billed to Insurance)	Of all the foods you eat, carbohydrates affect blood sugar (glucose) the most. This class will teach: how to recognize foods with carbohydrates, how to count carbohydrates using labels and measuring utensils and how to estimate carbohydrates if labels are not available. Class is preparation for insulin pump therapy or flexible insulin management.
Flexible Insulin Management (2 Hour Class Billed to Insurance)	This class is for patients on insulin who want to be able to eat at more flexible times, eat different amounts of carbohydrates from meal to meal and improve glucose control. The approach is based on how the pancreas normally works. Patients must be referred by a diabetes educator or their provider.
Insulin Pump Program (2 – 2.5 Hour Class Billed to Insurance)	This class is for insulin requiring patients who are considering an insulin pump. Patients must be referred by a diabetes educator or their provider. Learn the fundamental concepts of pump therapy, including how they work (hands-on demonstrations) the risks and benefits of using a pump, explain what patients need to do for successful pump use. You will receive all the information needed to decide if insulin pumping is right for you.
Sensor Clinic (1 hour Class Billed to Insurance)	Appointments for diabetes patients that want or need more information about glucose trends. Participants will need to keep detailed records while wearing the sensor.

Evening Courses	Description
Getting Started/Understanding Diabetes (3 Hour Class Billed to Insurance)	What is diabetes, risk factors, progression of diabetes, feelings about diabetes, treatment and self-management techniques, self-monitoring, physical activity, food planning, behavior modification and goal setting.
Developing Your Plan (3 Hour Class Billed to Insurance)	Hypo and hyperglycemia, carbohydrates and meal planning, sick day management, dining out, travel and alcohol.
How Am I Doing? (3 Hour Class Billed to Insurance)	More practice with carb counting when dining out, diabetes medications, on the road to a healthy life, blood glucose targets, standards of care and the ABCs of diabetes management, stress and healthy coping, depression in diabetes, staying in charge and in control.

University of Maryland Upper Chesapeake Medical Center

Evening Courses	Description
Getting Started/Understanding Diabetes (3 Hour Class Billed to Insurance)	What is diabetes, risk factors, progression of diabetes, feelings about diabetes, treatment and self-management techniques, self-monitoring, physical activity, food planning, behavior modification and goal setting.
Developing Your Plan (3 Hour Class Billed to Insurance)	Hypo and hyperglycemia, carbohydrates and meal planning, sick day management, dining out, travel and alcohol.
How Am I Doing? (3 Hour Class Billed to Insurance)	More practice with carb counting when dining out, diabetes medications, on the road to a healthy life, blood glucose targets, standards of care and the ABCs of diabetes management, stress and healthy coping, depression in diabetes, staying in charge and in control.

Specialized Courses	Description
Carbohydrate Counting for Insulin Pump Therapy and Flexible Insulin Management (2.5 Hour Class Billed to Insurance)	Of all the foods you eat, carbohydrates affect blood sugar (glucose) the most. This class will teach: how to recognize foods with carbohydrates, how to count carbohydrates using labels and measuring utensils and how to estimate carbohydrates if labels are not available. Class is preparation for insulin pump therapy or flexible insulin management.
Flexible Insulin Management (2 Hour Class Billed to Insurance)	This class is for patients on insulin who want to be able to eat at more flexible times, eat different amounts of carbohydrates from meal to meal and improve glucose control. The approach is based on how the pancreas normally works. Patients must be referred by a diabetes educator or their provider.
Insulin Pump Program (2 – 2.5 Hour Class Billed to Insurance)	This class is for insulin requiring patients who are considering an insulin pump. Patients must be referred by a diabetes educator or their provider. Learn the fundamental concepts of pump therapy, including how they work (hands-on demonstrations) the risks and benefits of using a pump, explain what patients need to do for successful pump use. You will receive all the information needed to decide if insulin pumping is right for you.
Sensor Clinic (1 hour Class Billed to Insurance)	Appointments for diabetes patients that want or need more information about glucose trends. Participants will need to keep detailed records while wearing the sensor.

Additional Offerings	Description
Gestational Diabetes (1.5 Hour Session Billed to Insurance)	Attend this session to understand gestational diabetes and how to care for yourself and achieve a healthy pregnancy.
Support Group (Free Program)	Designed for people with diabetes and their families to better understand living with diabetes. This meeting offers a positive environment where you can talk with others, share concerns, and learn new approaches to diabetes self-management. This free program is offered quarterly. Call 443-643-3200 for schedule.