

The Diabetes Education Department of the Texas Diabetes Institute is here to help people with diabetes. If you are new to diabetes, have a family member living with diabetes or have been living with diabetes for a number of years, our team is here to help you. In addition to individual appointments with the nurse and dietitian, we offer the following:

Living Well with Diabetes

*Day and Evening
English or Spanish Classes*

Topics include:

- What is Diabetes?
- Carbohydrate and Fiber
- Blood Glucose Testing
- Healthy Meal Planning
- Medications for Diabetes
- Reducing Fat
- Keeping Fit/Exercise
- Label Reading
- Foot Care
- Preventing Complications
- Restaurants and Alcohol
- Yearly Refresher Class



Cooking Classes

- Healthy eating with diabetes

Carbohydrate Counting Class

- Learn how to balance food and insulin



Insulin

- Starting Insulin
- Insulin Pump Training

Fitness Center

- Join our Fitness Center
- Learn to Exercise Safely



Drop-in Clinic

- Once a month drop in to speak with a Diabetes Educator or to have a glucose check



Diabetes Education

701 S. Zarzamora St. • San Antonio, Texas 78207

Satellite Clinics

University Family Health Center – Southeast
1055 Ada St., 78223

University Family Health Center – North
302 W. Rector St., 78216

Phone: (210) 358-7100

Fax: (210) 358-7102

Diabetes Education



Texas Diabetes Institute

 **University Health System**

www.TexasDiabetesInstitute.com