



# July Diabetes Education & Nutrition Classes

*Diabetes is common, chronic and controllable. Education is the key to living well.  
Let us help you successfully manage your diabetes.*

**CLASS LOCATION:**  
1121 Medical Center Blvd.  
Marrero

**CLASS FEE:**  
\$5 Per Class  
FREE for WJFC Members

*Receive a Credit to Your Membership or a Retail Item When You Attend a Diabetes Class and Sign Up Within 30 Days.*

**WEEK 1**

**Thursday • July 6**  
10am

**UNDERSTANDING  
Your Diabetes  
Medications and  
Exercise Program**

PRESENTED BY:  
Raven Jackson, PharmD  
Xavier University College of Pharmacy  
Christina Maise  
WJFC Mastered Exercise Specialist

**WEEK 2**

**Tuesday • July 11**  
5:30pm

**NUTRITION  
Diabetes / Stress  
Management Techniques**

PRESENTED BY FITNESS CENTER STAFF:  
TeNeal Macaluso, RD, LD  
Registered Nutritionist  
Christina Maise  
Mastered Exercise Specialist

**WEEK 2**

**Thursday • July 13**  
10am

**NUTRITION  
Diabetes / Stress  
Management Techniques**

PRESENTED BY FITNESS CENTER STAFF:  
TeNeal Macaluso, RD, LD  
Registered Nutritionist  
Christina Maise  
Mastered Exercise Specialist

**WEEK 3**

**Tuesday • July 18**  
5:30pm

**GLUCOSE MONITORING  
Blood Glucose Levels  
While Exercising**

PRESENTED BY:  
Melissa Rojas, RN, BSN  
WJMC Diabetes Educator  
Christina Maise  
WJFC Mastered Exercise Specialist

**WEEK 3**

**Thursday • July 20**  
10am

**GLUCOSE MONITORING  
Blood Glucose Levels  
While Exercising**

PRESENTED BY:  
Melissa Rojas, RN, BSN  
WJMC Diabetes Educator  
Christina Maise  
WJFC Mastered Exercise Specialist

**WEEK 4**

**Tuesday • July 25**  
5:30pm

**LABEL READING  
Eating Out and  
Goal Setting**

PRESENTED BY FITNESS CENTER STAFF:  
TeNeal Macaluso, RD, LD  
Registered Nutritionist  
Christina Maise  
Mastered Exercise Specialist

**WEEK 4**

**Thursday • July 27**  
10am

**LABEL READING  
Eating Out and  
Goal Setting**

PRESENTED BY FITNESS CENTER STAFF:  
TeNeal Macaluso, RD, LD  
Registered Nutritionist  
Christina Maise  
Mastered Exercise Specialist

To learn about the fitness and wellness services provided by West Jeff Fitness Center call  
**504.349.6164**