



PROUD MEMBER OF LCMC | HEALTH

May 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

Tuesday • May 2
5:30pm

**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 • May 9
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 • May 11
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 • May 16
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 • May 18
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 • May 23
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 • May 25
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