

# Member Health Education Classes

## Florida Health Care Plans (May 2017)

<b>Diabetes Education Class</b>			<b>Diabetes Prevention Program</b>		
This three-part education training is led by a registered dietitian & nurse CDE. It covers disease process understanding, nutritional management, and preventing acute complications. Members with diabetes can self-refer. Call 386-226-4518 for scheduling. <b>These classes are FREE to FHCP members.</b>			This FHCP member program is a series of 16 weeks of education on lifestyle interventions for prevention of type 2 diabetes. Call 386-226-4518 for scheduling. <b>These classes are FREE to FHCP members and can make a difference in preventing diabetes.</b>		
Class #1: May 8 Class #2: May 15 Class #3: May 22	1:00 p.m. – 4:30 p.m.	FHCP Orange City 2777 Enterprise Road Orange City, FL 32763	Class #7: May 4 Class #8: May 11 Class #9: May 18 Class #10: May 25	5:30 p.m. – 6:30 p.m.	FHCP Daytona Beach 330 N Clyde Morris Blvd Daytona Beach, FL 32114
Saturday, May 6	8:00 a.m. – 5:00 p.m.	FHCP Daytona Beach 330 N Clyde Morris Blvd Daytona Beach, FL 32114	Class #1: May 16 Class #2: May 23 Class #3: May 30	10:30 a.m. – 11:30 a.m.	FHCP Orange City 2777 Enterprise Road Orange City, FL 32763
Class #2: May 2 Class #3: May 9	1:00 p.m. – 4:30 p.m.	FHCP Daytona Beach 330 N Clyde Morris Blvd Daytona Beach, FL 32114	<b>Eat Right Move Right Class</b>		
			This program aims to help patients better understand, prevent, treat and improve obesity and obesity related conditions through lifestyle changes and weight-loss. Call 386-226-4518 for scheduling. <b>These classes are FREE to FHCP members and can re-enroll at any time.</b>		
Class #3: May 3	8:30 a.m. – 12:00 p.m.	FHCP Palm Coast 309 Palm Coast Parkway Palm Coast, FL 32137	Class #5: May 3 Class #6: May 10	5:30 p.m. – 7:00 p.m.	FHCP Daytona Beach 330 N Clyde Morris Blvd Daytona Beach, FL 32114
Class #2: May 4 Class #3: May 11	1:00 p.m. – 4:30 p.m.	FHCP Port Orange 740 Dunlawton Avenue Port Orange, FL 32127	Class #1: May 24 Class #2: May 31	5:30 p.m. – 7:00 p.m.	FHCP Daytona Beach 330 N Clyde Morris Blvd Daytona Beach, FL 32114
Saturday, May 20	8:00 a.m. – 5:00 p.m.	FHCP Orange City 2777 Enterprise Road Orange City, FL 32763	Class #4: May 3 Class #5: May 17 Class #6: May 24	3:30 p.m. – 5:00 p.m.	FHCP Palm Coast 309 Palm Coast Parkway Palm Coast, FL 32137

<b>Diabetes Education Class (Continued)</b> This three-part education training is led by a registered dietitian & nurse CDE. It covers disease process understanding, nutritional management, and preventing acute complications. Members with diabetes can self-refer. Call 386-226-4518 for scheduling. <b>These classes are FREE to FHCP members.</b>			<b>Eat Right Move Right Class (Continued)</b> This program aims to help patients better understand, prevent, treat and improve obesity and obesity related conditions through lifestyle changes and weight-loss. Call 386-226-4518 for scheduling. <b>These classes are FREE to FHCP members and can re-enroll at any time.</b>		
Class #1: May 23 Class #2: May 30	1:00 p.m. – 4:30 p.m.	FHCP Daytona Beach 330 N Clyde Morris Blvd Daytona Beach, FL 32114	Class #2: May 2 Class #3: May 9 Class #4: May 16 Class #5: May 23 Class #6: May 30	4:00 p.m. – 5:30 p.m.	FHCP Orange City 2777 Enterprise Road Orange City, FL 32763
<b>Nutrition Game Plan for Diabetes</b> This event is for FHCP members who previously attended diabetes education classes. It covers trends with food and blood sugars and nutrition reinforcement. Call 386-226-4518 for scheduling. <b>These classes are FREE to FHCP members.</b>			<b>Healthy Heart Eating Class</b> This FHCP member event covers exercise, diet and cholesterol management. Physician referral preferred. Call 386-226-4518 for scheduling. <b>These classes are FREE to FHCP members.</b>		
May 25	10:00 a.m. – 12:00 p.m.	FHCP Daytona Beach 330 N Clyde Morris Blvd Daytona Beach, FL 32114	May 17	1:30 p.m. – 4:00 p.m.	FHCP Daytona Beach 330 N Clyde Morris Blvd Daytona Beach, FL 32114

