



Diabetes Education

Self-Management Classes



Mary Lanning
HEALTHCARE

Welcome!

Thank you for choosing the Mary Lanning Healthcare Diabetes Program for your diabetes care and education. In addition to a variety of diabetes self-management educational classes and programs, we offer our commitment to provide excellent care to all participants.

The cost of the Diabetes Self-Management Education program may be covered by your health insurance or Medicare. Please check with your insurance carrier or program leaders for more information.

Diabetes Self-Management Education*

Diabetes Self-Management Education is offered as a class or individual session based on the participant's needs. Individual sessions are available anytime with the Nurse Educator or Dietitian. Topics may include but are not limited to:

- Course topics, as listed
- Intensive diabetes management
- Insulin pumps
- Pregnancy and gestational diabetes
- Continuous glucose monitoring

Diabetes Self-Management Education classes are designed for the specific needs of the participant. Classes are a good fit for people who want to know more about diabetes and its management; have been recently diagnosed and are starting a medication program or balancing diet, exercise, medication and lifestyle; have had diabetes for years and are interested in new information and/or improved control of their diabetes. **A spouse or significant other may attend classes with the participant at no charge.**

Diabetes programs

Diabetes Health Fair

This community event highlights diabetes self-management skills focusing on fun, information and living healthy with diabetes.

Community Outreach

Programs are available for churches, corporations, wellness centers and other community organizations addressing diabetes prevention and control.

Insulin Pump Program

This program is designed to provide insulin pump education from introduction to pump support.

Continuous Blood Glucose Sensor (CGMS) Program

Initiation and instruction of CGMS as a diagnostic procedure or for personal use.

The Mary Lanning Healthcare Diabetes Program is located in the Medical Services Building on the Mary Lanning campus. Please park in front of or behind the Medical Services Building, entering the hospital campus off North Kansas Avenue.



For more information,
please call
402-461-5318



Mary Lanning

H E A L T H C A R E

www.marylanning.org | 

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Diabetes Program hours:
Monday-Friday
8 a.m. to 4:30 p.m.



*The American Diabetes Association recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.