



Diabetes & Nutrition Center

Tools for Living Well

Whether you're newly diagnosed with diabetes or have had it for years, it is important to keep up with the latest strategies for staying as healthy as possible now and in the years to come.

The New West Physicians' Diabetes & Nutrition Center has the information you need and the answers you seek. We have a strong track record of helping people with diabetes find the right tools to help them manage diabetes. Caring experts certified in diabetes education provide personal attention at your one-on-one appointments, as well as the opportunity to attend informative group classes. Our recognition with the American Diabetes Association assures that you get excellent, evidence-based care.

Diabetes & Nutrition Center

1697 Cole Blvd., Suite 125
Golden, CO 80401
(303) 716-8039



Part of Optum®

Classes:

Diabetes Self-Management

(2-part class – 3 hours each class)



Part 1: Getting Started

- What happens in the body when you have diabetes
- What are the treatment options and how diabetes medicines work
- Blood glucose testing: how and when to test; interpreting the numbers
- Counting carbohydrates and choosing high fiber foods; other meal plan options
- Portion sizes and label reading
- Choosing foods in restaurants

Part 2: Staying Healthy

- Choosing healthy fats
- The significant impact of exercising and losing weight
- Lowering complications risk with the right follow-up tests and exams
- Managing stress for better blood sugars
- Goal setting/staying on track

*Advance registration is required for ALL classes

Individual Sessions:

- Weight management
- Prediabetes
- Blood glucose monitoring and glucometer teaching
- Nutrition education, including carbohydrate counting
- Insulin pump training and adjustments with certified pump trainers
- Continuous glucose monitor placement and evaluation
- Gestational diabetes
- Nutrition education for other chronic disease management (gluten-free, heart-healthy, etc.)

*By appointment only

To register for classes or schedule an appointment for an individual session, please call (303) 716-8039. To learn more about our services or see our calendar of upcoming classes, visit our website at www.nwphysicians.com/diabetes-and-nutrition-center