

## 2020 PADRE Foundation Education Classes at CHOC Clinic Building in Orange

Please RSVP to classes online at [padrefoundation.org/classes](http://padrefoundation.org/classes)

or by calling 714-509-8330

CHOC Clinic in Orange

455 S. Main St. Orange, CA 92868

CLASSES	DATE	TIME <i>(all times are PM)</i>	LOCATION
<b>Carbohydrate Counting:</b> Make meal planning easier by balancing the carbohydrates you eat with insulin and exercise.	1/16, 3/12, 4/9, 5/7, 6/11, 7/9, 8/20, 9/10, 10/8, 11/12, 12/10	5:00-7:00	CHOC CLINIC BUILDING 2nd Floor, Education Ctr.
	2/13		CHOC Clinic BUILDING 2 <sup>nd</sup> Floor, CR A
<b>Caregivers Class:</b> This program offers training to enable grandparents, aunts, uncles, babysitters, health professionals and anyone outside the family to give care to a child with Type 1 diabetes.	1/23, 2/20, 3/19, 4/16, 5/14, 6/18, 7/16, 8/13, 9/17, 10/15, 11/26, 12/17	5:00-7:00	CHOC CLINIC BUILDING 2nd Floor, CR A
<b>Celiac Disease &amp; Type 1 Diabetes Family Night:</b> This is a group setting for families to come together, share tips for success and taste gluten-free products.	4/21	4:30-6:30	CHOC CLINIC BUILDING 2nd floor, CR A&B
<b>College Preparation:</b> High School seniors and their parents learn tips for managing risky behavior.	4/9, 6/11	5:30-7:30	CHOC CLINIC BUILDING 2nd Floor, CR A
<b>Continuous Glucose Monitor:</b> Whether you are looking into getting a CGM or if you already have one, come learn how to use it to its fullest potential. <i>(This class is <u>not</u> designed for device setup).</i>	2/13, 4/9, 6/11, 8/13, 10/15, 12/10	5:00-6:30	CHOC CLINIC BUILDING 2 <sup>ND</sup> Floor, CR B
<b>T1d Teen Driving:</b> Topics covered are DMV legal aspects of driving, physician obligations and your responsibilities. Parents, drivers and potential drivers from 15 to 19 years old are encouraged to attend.	2/12, 4/1, 6/3, 8/5, 10/7, 12/2	5:00-7:00	CHOC CLINIC BUILDING 2nd Floor, CR B
<b>Girls Rock:</b> Hormones change blood sugars? Can you/should you have children one day? This is highly recommended for parents and teenage girls.	5/7, 10/8	5:30-7:30	CHOC CLINIC BUILDING 2nd Floor, CR B
<b>Pump Basics:</b> For those interested or planning on transitioning to an insulin pump: After completion of this course, a physician review and RX is needed to start the Pre-Pump Class.	1/9, 2/6, 3/5, 5/7, 6/4, 7/9, 8/6, 9/3, 10/1, 11/5, 12/3	5:00 -7:00	CHOC CLINIC BUILDING 2nd Floor, CR A
	4/16		Education Center
<b>Carbohidratos (en Español):</b> Planear tus comidas será más fácil balanceando los carbohidratos que comes con la insulina y los ejercicios. Favor de llamar a Reyna para reservar 714-509-4204.	1/7, 3/10, 5/12, 7/7, 9/8	5:00-7:00	CHOC Clinic Building 2nd Floor, CR B
	11/10		Education Center
<b>Clase de Bomba (en Español):</b> Favor de llamar a Reyna para reservar 714-509-4204.	TBD	TBD	CHOC Clinic Building

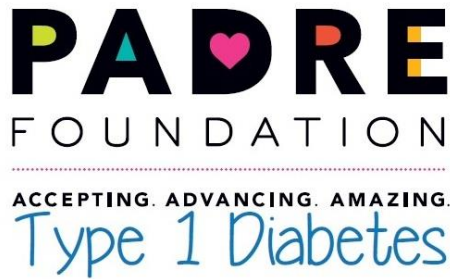
All classes are brought to you free by the PADRE Foundation 714-509-8330 [padrefoundation.org](http://padrefoundation.org)

Classes are subject to change, please call 714-509-8330 to RSVP or visit our website at [padrefoundation.org/classes](http://padrefoundation.org/classes)

Parking at the Clinic Building is subject to a \$5 parking fee

The PADRE Foundation is a nonprofit 501©3, TIN 33-0099451, donations can be made at [padrefoundation.org](http://padrefoundation.org)

Last revised 12/12/2019



## 2020 PADRE Foundation Education Classes at The Mary and Dick Allen Diabetes Center

Please RSVP to classes online at [padrefoundation.org/classes](http://padrefoundation.org/classes)

or by calling 714-509-8330

CHOC at Hoag Newport Beach

520 Superior Ave. Newport Beach, CA 92663

CLASSES	DATE	TIME <i>(all times are PM)</i>	LOCATION
<b>Carbohydrate Counting:</b> Make meal planning easier by balancing the carbohydrates you eat with insulin and exercise.	1/20, 2/17, 3/16, 4/20, 5/18, 6/22, 7/20, 8/24, 9/21, 10/19, 11/16, 12/21	5:00-7:00	Conference Room 7
<b>Caregivers Class:</b> This program offers training to enable grandparents, aunts, uncles, babysitters, health professionals and anyone outside the family to give care to a child with Type 1 diabetes.	2/3, 4/6, 6/1, 8/3, 10/5, 12/7	5:00-7:00	Conference Room 6
<b>College Preparation:</b> High School seniors and their parents learn tips for managing risky behavior.		5:30-7:30	Conference Room 5
<b>T1d Teen Driving:</b> Topics covered are DMV legal aspects of driving, physician obligations and your responsibilities. Parents, drivers and potential drivers from 15 to 19 years old are encouraged to attend.	1/15, 3/4, 5/6, 7/1, 9/2, 11/4	5:00-7:00	Conference Room 6
<b>Girls Rock:</b> Hormones change blood sugars? Can you/should you have children one day? This is highly recommended for parents and teenage girls.		5:30-7:30	Conference Room 5
<b>Pump Basics:</b> For those interested or planning on transitioning to an insulin pump: After completion of this course, a physician review and RX is needed to start the Pre-Pump Class.	2/3, 4/6, 6/8, 8/3, 10/5, 12/7	5:30-7:30	Conference Room 7

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