

Diabetes Exercise Program

An exercise and education program for patients with
Diabetes or PreDiabetes

Exercise and Education Sessions- 8 Weeks

Each session consists of

- ◆ 45 minutes of activity - treadmills, bicycles, rowing machines and seated steppers
- ◆ 30 minutes of education - diabetes management, diet, and exercise
- ◆ Evening class is 60 minutes of Education followed by Exercise on Tuesday and Exercise only on Thursday

A team of exercise physiologists, nurse diabetes educators, and dietitians leads the program with support from physicians in Primary Care and the MeritCare Diabetes Center. This is a collaborative program of MeritCare Diabetes Center Services and MeritCare Cardiac Rehab.

<p>Tuesdays & Thursdays</p> <p>Morning Classes 8:30 – 10:00 AM or 9:30 - 11:00 AM</p> <p>Evening Class Call for starting dates</p>	<p>At MeritCare Southpointe 2400 32nd Avenue South ~ Fargo Check in at 2nd Floor Physical Therapy Desk</p> <p>To get started-</p> <p>Participants may start at any time by calling to schedule.</p> <p>234-5659</p>
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Fee: \$60 per new participant

The total cost per participant is \$120. However, funding from the MeritCare Foundation supports half of your participant fee.

- Participants continuing in the program after the initial 8 weeks pay \$35 per month.

Scheduling problems? Diabetes Exercise patients may also attend MeritCare's Cardiac Rehab Exercise Program. The initial evaluation session with a clinical Exercise Physiologist is \$35 and the monthly exercise program is \$46.

Registration information - call 234-5659

A registration packet will be mailed to you.