



**2010 CLASSES – ADDITIONAL LOCATION**  
**to be held at - Mary and Dick Allen Diabetes Center**  
**520 Superior Ave., Newport Beach, CA**

**Please RSVP for all classes at 714-532-8330**  
**Check on-line for updates – [www.padrefoundation.org](http://www.padrefoundation.org)**  
**Revised – 11/9/09**

**Advance Techniques of Insulin Pump Therapy – (4:00-6:00 pm) (CR 2) – Mar 11, July 8** (for those who have been on a pump for 4 months or more).

**Carbohydrate Class – 3:00-5:00 pm – CR2, 10/29/2009, Jan 21, Apr 15, July 15, Oct 21.**

Open to all families and children 8 yrs and above. Come learn a method to make meal planning much easier by balancing the carbohydrates you eat with insulin and exercise.

**Caregivers Class – 3:00-5:30 pm – CR2 – Jan 19, Apr 20, July 20, Oct 19**

For grandparents, aunts, uncles, babysitters and anyone outside the family who will be responsible for the care of a child with diabetes.

**College Prep Class – 5:30-7:30 pm – CR3 – May 13**

For high school Juniors and Seniors and their parents. The parents will have a separate session at the same time – light dinner provided.

**Diabetes Teen Driving – 4:30-6:00 pm – Oct 29, 2009 (CR7), June 7 (CR2)**

Topics covered: DMV legal aspects of driving, CHOC obligations, your responsibilities. All Parents, Drivers and Potential Drivers ages 15-19 are encouraged to attend. Light dinner provided.

**Insulin Shot Class – 2:00-4:00 pm – (CR2) Feb 11, Aug 12**

Fun class for kids who are 7-11 years old who want to learn about giving their own shots. Parents come, too.

**Pump Basics – 4:00-6:00 pm – (CR2) – Jan 25, Apr 26, July 26, Oct 25**

(Informational meeting for patients wanting information about the pump) First in a series. Additional classes are required and physician review and RX needed to start pump therapy.

**Spanish Diabetes Skills – 6:00-8:00 pm – (Conf. Rm 2) – Oct 22, 2009, Jan 28**

**Clase de Habilidades – 6:00–8:00 pm (Cuarto 2) - 22 de octubre , 28 de enero**

**Spanish Diabetes Prevention Class - Clases de Prevencion De Diabetes -3:30-6:00pm (Cuarto 2) - 14, 18 de Enero 2010, 4, 18, 25 de Febrero CR2**