



Diabetes boot camp education program

Measurably improve diabetes control by enhancing diabetes knowledge, skills and attitudes.

This ADA-recognized Diabetes Self-Management Program provides all the basic skills required to live healthy with diabetes over the course of a lifetime. Participants will complete four sessions in one to four months. Each class is two hours, except Session 1, which is 2.5 hours.

Session 1:

Dealing with the diagnosis, diabetes medications, home glucose monitoring, carbohydrate basics and the benefits of exercise.

Session 2:

Understanding home glucose test results, managing hypoglycemia/hyperglycemia, sick day strategies and healthy strategies for dining out.

Session 3:

Reducing heart disease risk: heart-healthy diet and exercise strategies and the benefits of weight loss.

Session 4:

Living healthy with diabetes: reducing risk of diabetes-related complications and managing diabetes over the course of a lifetime.

Physician referral is required. Physicians on the medical staff should send a physician referral through Epic as Ambulatory Diabetes Education. Outside physicians may fax referral forms to **512.509.3490**.

2025 class locations and dates for Cedar Park, Georgetown, Round Rock and Taylor

Baylor Scott & White Clinic – Cedar Park

910 E. Whitestone Boulevard
Cedar Park, TX 78613

January 2, 9, 16, 23
February 6, 13, 20, 27
March 6, 13, 20, 27
April 3, 10, 17, 24
May 1, 8, 15, 22
June 5, 12, 19, 26
July 3, 10, 17, 24
August 7, 14, 21, 28
September 4, 11, 18, 25
October 2, 9, 16, 23
*November 6, 13, 20
*December 4, 11, 18

Classes 2, 3 and 4 will be held over the following three Thursdays.

Sessions are held from 2:30 – 4:30 PM and are taught in English.

Please check in at the second floor desk.

Baylor Scott & White Clinic – Georgetown

4945 Williams Drive
Georgetown, TX 78633

January 6, 13, 20, 27
February 3, 10, 17, 24
March 3, 10, 17, 24
April 7, 14, 21, 28
*May 5, 12, 19
June 2, 9, 16, 23
July 7, 14, 21, 28
August 4, 11, 18, 25
*September 8, 15, 22, 29
October 6, 13, 20, 27
November 3, 10, 17, 24
December 1, 8, 15, 22

Classes 2, 3 and 4 will be held over the following three Mondays.

Sessions are held from 1:00 – 3:00 PM and are taught in English.

Please check in at the main desk.

Baylor Scott & White Clinic – Round Rock

425 University Boulevard
Round Rock, TX 78665

January 3, 10, 17, 24
February 7, 14, 21, 28
March 7, 14, 21, 28
April 4, 11, 18, 25
May 2, 9, 16, 23
June 6, 13, 20, 27
*July 11, 18, 25
August 1, 8, 15, 22
September 5, 12, 19, 26
October 3, 10, 17, 24
November 7, 14, 21, 28
December 5, 12, 19, 26

Classes 2, 3 and 4 will be held over the following three Fridays.

Sessions are held from 9:00 – 11:00 AM and are taught in English.

Please check in at the fourth floor registration desk.

Baylor Scott & White Clinic – Taylor

305 Mallard Lane
Taylor, TX 76574

January 7, 14, 21, 28
February 4, 11, 18, 25
March 4, 11, 18, 25
April 1, 8, 15, 22
May 6, 13, 20, 27
June 3, 10, 17, 24
July 1, 8, 15, 22
August 5, 12, 19, 26
September 2, 9, 16, 23
October 7, 14, 21, 28
November 4, 11, 18, 25
December 2, 9, 16, 23

Classes 2, 3 and 4 will be held over the following three Tuesdays.

Sessions are held from 2:30 – 4:30 PM and are taught in English.

Please check in at the main desk.

**Months with holidays. Schedules may be modified.*



[BSWHealth.com/Diabetes](https://www.BSWHealth.com/Diabetes)
512.509.0200 to enroll