

Utah Diabetes Telehealth Series



**3rd Wednesday
of each Month**

12 – 1 pm (Mountain)
11 – 12 pm (Pacific & AZ)
1 – 2 pm (Central)
2 – 3 pm (Eastern)

Wednesday, May 20, 2009
Behavior Change and Diabetes Management
Donna Wahoff-Stice, FNP

Donna Wahoff-Stice, FNP has been a nurse since 1974 and caring for persons with diabetes since 2001. From the Behavioral Diabetes Institute: “Living well with diabetes takes time, knowledge and effort. And diabetes can be tough to handle. Many people become overwhelmed, frustrated, or burned out by the daily hassles of diabetes and by the unending, often burdensome self-care demands.” Addressing the behavioral challenges of proper diabetes management will be the focus of this month’s program as Donna Stice presents material developed at the Behavioral Diabetes Institute.

- CEUs offered for nurses (1.5 hours) and dietitians (1 hour) for all Diabetes Telehealth Programs -

Registration Process:

To register, complete either the registration form sent via email or online (preferred) at the address found below. The written registration form can either be faxed to 801-538-9495 or returned via email to bpertino@utah.gov. *Online Registration:* <http://www.health.utah.gov/diabetes/apps/threg.php>

Upcoming Programs:

June 17 – Child & Adolescent Weight Management
July 15 – Inpatient Diabetes Management Update
Aug. 19 – Depression and Diabetes
Sept. 16 – Improving Cultural Competency in Diabetes Care

****For technical assistance on the day of the conference,
call 801-585-2426 or 801-538-6593****

****For general Diabetes Telehealth inquiries, call 801-538-6248****

<http://www.health.utah.gov/diabetes/telehealth/telehealth.htm>