

# GESTATIONAL DIABETES CLASS



Gestational diabetes is a type of diabetes that is diagnosed during pregnancy and often goes away after delivery. The goal of Ridgeview's one-session gestational diabetes class is to provide practical information to help you understand the diagnosis of gestational diabetes and learn to control blood sugars through healthy eating, activity, glucose testing and, if needed, medications.

- + What is gestational diabetes?
- + Blood sugar goals
- + Checking your blood sugar levels
- + Healthy weight gain recommendations during pregnancy
- + Eating a balanced diet
- + Meal planning
- + Physical activity
- + Risk of complications

## **DATES**

Thursdays, Jan. 2-Dec. 18, 2025

## **LOCATION**

Virtually, via Microsoft Teams.

## **TIME**

2-3:30 p.m.

## **RIDGEVIEW FACILITATORS**

A dietitian/certified diabetes care and education specialist.

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## **REGISTRATION**

To register, call 952.856.4099.

For class information, visit [ridgeviewmedical.org/classes-events](https://ridgeviewmedical.org/classes-events)