

[Florida Hospital Tampa](#)

Self-Management Diabetes Classes

This is a comprehensive 10-hour program facilitated by Certified Diabetes Educators (CDE) for those who have never received diabetes education or who have not been updated recently. Insurance check prior to enrollment, co-pays and deductibles may apply. This program has been recognized by the American Diabetes Association.

Florida Hospital Tampa Diabetes & Endocrinology Institute

13901 Bruce B. Downs Blvd., Tampa 33613

- Weekday classes: Wednesdays and Thursdays (1 ½ days)
- Weekend classes: Saturdays (Four sessions of 2 ½ hours each)
- Classes in Spanish: Tuesday mornings (Four sessions 2 ½ hours each)

Florida Hospital Carrollwood

7171 North Dale Mabry Hwy., Tampa 33614

- Evening classes: Mondays (Four sessions of 2 ½ hours each)

Florida Hospital Carrollwood Wound Healing Institute

Brandon Campus

205 South Moon Ave., Brandon 33511

- Morning classes: Fridays (Four sessions of 2 ½ hours each)

Florida Hospital at Connerton Long Term Acute Care

9441 Health Center Drive, Land O'Lakes 34637

- Afternoon classes: Tuesdays (Four sessions of 2 ½ hours each)

Florida Hospital Wesley Chapel

2600 Bruce B. Downs Blvd, Wesley Chapel 33544

- Times Variable

Morton Plant Mease

Diabetes Management Classes:

Topics include individualized meal plans, exercise guidelines, monitoring and treating blood sugar levels, complication prevention

- Requires a referral by your primary care physician
- Co-pays and deductibles may apply
- Led by Certified Diabetes Educators (CDE)

One-On-One Education

- Individual appointments with dietitian and nurse CDEs
- Topics include medical nutrition therapy, meter training, insulin initiation

Community Series – Free of Charge

Mease Countryside Hospital

3231 McMullen Road, Safety Harbor

Meeting Rooms 1-3, Lower Level

- June 12th, 3-4pm
- September 18th, 3-4pm
- December 7th, 3-4pm

Morton Plant Hospital

Cheek-Powell Heart and Vascular Pavilion

455 Pinellas St., Clearwater

2nd Floor, Community Room A

- June 20th, 6-7pm
- September 5th, 6-7pm
- December 11th, 6-7pm

Support Group

- Offered quarterly at Morton Plant Hospital and Mease Countryside
- Call (727) 734-6888 for more information or to register

Follow-up Diabetes Education

- Co-pays and deductibles may apply
- Call (727) 734-6888 for more information or to register

[Pasco Regional Medical](#)

Living with Diabetes:

4-week diabetic education series facilitated by a dietitian and diabetic nurse. Topics include how to read food labels, tips when dining out, managing diabetes, exercise and diabetes and personal nutrition assessment with the dietitian and a customized menu plan. Physician prescription and one-time fee are necessary to attend. Space is limited to 6 participants per 4-week session. To register or for more information, call: (352) 521-100 ext: 1483

Diabetic Support Group

Discussion includes nutrition and health issues related to managing your diabetes

PRMC, Medical Plaza I, Suite 107

13100 Fort King Road, Dade City 33525

- 1st Thursday of every month, 2:00 – 3:00pm
- Please RSVP to hospital dietitian, (352)521-1100, ext. 1483

[Brooksville Regional Hospital](#)

Diabetic Rehabilitation Program

Nationally accredited by the American Diabetes Association and facilitated by a CDE and RN, this program is designed to promote goal-directed, comprehensive education for adult diabetics.

- Physician referral is required for enrollment. Have your primary care physician send a referral request to Brooksville Regional Hospital Diabetic Rehabilitation Department
- For more information, call (352)796-5111, ext. 4317

Diabetic Support Group

- Meets 2nd Monday of each month, 4pm in the 1st floor conference rooms
- Open to the public
- For more information call (352)796-5111, ext. 4317

[Medical Center of Trinity](#)

Nutrition & Diabetes Class

This class explores the basic principles of nutrition including how certain foods affects blood glucose and the importance of meal timing to help empower diabetics to make better food choices.

Medical Center of Trinity

9330 State Road 54, Trinity 34655

Conference Room A

- 4th Wednesday of every month, 10am
- Seating is limited and reservations are required
- Call (727)834-5630 to register