Who We Serve:

- Services are available to patients of primary care providers from UNMH.
- Individual and group education is offered in English and Spanish.
- Additional interpretation services are also available.

Here’s how to find us!

APPOINTMENT

Client name:______________________________

Date:___________ Time:_____________ am/pm

With:______________________________

Department of Patient Education

505.272.2340

HOPE Building

933 Bradbury SE, Suite 1112

Albuquerque, NM 87106

Phone: 505.272.2340

Fax: 505.272.6591

http://hospitals.unm.edu/health/pt_ed/index.shtml

Educating people to manage disease and have healthier lifestyles
The following services require a referral from a patient’s Primary Care Provider (PCP):

- **Medical Nutrition Therapy**
  Individual sessions with a Registered Dietitian are offered for nutrition assessment and treatment recommendations related to: food intolerances and allergies, weight management, diabetes, kidney and liver disorders and food-related gastrointestinal problems.

- **Adult Diabetes Education and Management**
  We are a nationally recognized program offering individual and group training for people with diabetes. Certified Diabetes Educators work with patients to give them the self-management skills necessary to manage their disease.

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**WELLNESS CLASSES**

These group classes do not require a referral. Providers can recommend patients to these classes under Ad Hoc Charting. Patients can also self-refer.

- **Pre-Diabetes**
  Explains how diabetes affects the body, risk factors, and lifestyle changes that can prevent the onset of diabetes.

- **Eating for a Healthy Heart**
  Covers the basics of cholesterol management through dietary and lifestyle changes.

- **Stress Management**
  Introduces coping and relaxation techniques for everyday use.

- **Weight Loss**
  Covers the basics of weight loss through dietary changes and increased daily activity.

*Patients who attend any of the above classes are encouraged to continue their learning through the Healthy Lifestyle Skills classes.*

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**HEALTHY LIFESTYLE SKILLS**

Follow-up Healthy Lifestyle skills classes provide additional information to support healthy choices. Classes include:

- Basic nutrition and portion control
- Fats, fiber and how to read a food label
- Personal path to health
- Active at any size
- Emotional eating
- How to make healthy lifestyle changes

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**Smoking Cessation**

Individual counseling and support to quit smoking are offered. Assistance in attaining smoking cessation medications and/or nicotine replacement is provided. No referral required.