

Chronic Disease Education Program

VIRTUAL CLASSES

Diabetes Class Series

Class #1 - Diabetes Essentials: Learn what diabetes is, how it affects the body, and how to manage diabetes (including medications). This class provides the foundation for the next 2 classes and is recommended to be taken first.

Class #2 - Eating for Diabetes: Learn how to eat healthier to prevent or manage diabetes. Discover the truth about sugars and carbohydrates, reading food labels, and planning balanced meals.

Class #3 - Physical Activity Essentials: Learn how physical activity can help to manage diabetes and improve your overall well-being.



DATES & TIMES

Diabetes Class Series

- April 5, 12, 19 | 9:30am -11:30am
- May 10, 17, 24 | 9:30am-11:30am
- June 7, 14, 21 | 1pm -3pm

Prediabetes Class

- May 9 | 1:30pm -4:30pm

Cholesterol/Heart Health

- April 14 | 1:30pm -3:30pm
- May 5 | 1:30pm -3:30pm
- June 9 | 1:30pm -3:30pm

Blood Pressure Management

- April 27 | 10am -11:30am
- June 16 | 9:30am -11am

Prediabetes Class

This session will help participants understand what prediabetes is and to help identify lifestyle changes to improve your health and decrease the risk of progression to type 2 diabetes.

Cholesterol Management

This session will help participants understand what cholesterol is, the target levels for cholesterol and help identify lifestyle changes to improve heart health.

Essentials of Blood Pressure Management

This class will help you gain a better understanding of what blood pressure is, why high blood pressure is a concern, how to manage high blood pressure with the use of medication and lifestyle changes

Join us virtually on
Microsoft Teams (video
conferencing over the internet)

Equipment Needed: a computer, tablet or
smart phone that can connect to the internet.

To register call: 1-877-509-7852

