

Diabetes Self-Management 2018 Class Schedule

Class #1 8:00 am – 11:30 am

Class #2 8:00 am – 1:30 pm

(A healthy lunch served for each participant & one guest at class #2)

2018 Class Dates

Class #1

January 4

February 1

March 1

April 5

May 3

June 7

July 12

August 2

September 13

October 10

November 8

December 6

Class #2

January 11

February 8

March 8

April 11

May 10

June 13

July 18

August 8

September 19

October 17

November 14

December 12

A physician referral is required for group classes

