

VIRTUAL

Diabetes 101 Classes

for people with diabetes and family members



What: 4 Diabetes Education Classes

Where: Online– From the Comfort of Your Home!

When: Wednesdays at Noon

**Class 1—October 7: What is Diabetes?
Blood Sugar Monitoring**

**Class 2—October 14: What does Diabetes Effect?
Keys to control**

Class 3—October 21: Nutrition and Healthy Eating

**Class 4—October 28: Diabetes Medicine Today
Standards of Care to Stay Healthy**

**PLEASE
REGISTER**

Class will be held online, you will be sent an email to join.

**This class held in collaboration with
the Community Health Nutrition Department and the Diabetes Program**



REGISTRATION

CALL 541-553-2351 with questions or to register