



THRIVING WITH DIABETES

A CLASS ABOUT DIABETES

Join our journey to understand, manage, and thrive with diabetes.

SESSION 1: TUESDAY JANUARY 14TH

What is Diabetes?
How do I exercise?

SESSION 2: THURSDAY JANUARY 16TH

What medications should I be taking?
How can I cope?

SESSION 3: THURSDAY JANUARY 21ST

How do I reduce my risks?
What should I be eating?

SESSION 4: TUESDAY JANUARY 23RD

How do I problem solve?
What do my lab values mean?

**Located at River People Health Center
Teaching Kitchen • 5:30-6:30PM**