

# DIABETES SUPPORT AND PREVENTION PROGRAM

## Upcoming RCH Classes for Diabetes Self-Management

- **September 21st-** The class will cover **Healthy Eating**.
- **November 9th-** The class will cover **Being Active**.
- **January 18th (2023)-** The class will cover **Monitoring Blood Sugars**.
- **March 22nd (2023)-** The class will cover **Taking Medication**.
- **May 17th (2023)-** The class will cover **Healthy Coping**.
- **July 26th (2023)-** The class will cover **Problem Solving/Reducing Risks**.

**All classes are free to the public!**

**5-6 p.m.**

**Stan and Ellen Weisser  
Education Pavilion  
Conference Room D**

### **Contact Information:**

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