

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**.

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

5-6 p.m.

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

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