



# LIVING WITH DIABETES? JOIN OUR DIABETES SELF- MANAGEMENT AND SUPPORT CLASSES!

**Each class meets for 1- hour for a total of 4 weeks**

Classes are taught by the PPCP team of certified diabetes care and education specialists, pharmacists, and dietitians. Classes will review the impact of diabetes on your body, diet and nutrition, medications for diabetes, and problem solving and self-management strategies.

## When?

Tuesdays in July  
(7/9, 7/16, 7/23 & 7/30)  
6:00 p.m.-7:00 p.m.

## Where?

Virtual classes

Classes can be  
joined via a  
smartphone,  
computer, or tablet

TO SIGN UP OR  
LEARN MORE  
CONTACT  
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