Living With Diabetes

Learn about the basics of diabetes, and get tips on how meal planning, exercise, proper medication and coping strategies can help you live well.

2024 Class Dates

Choose either a two-day class or four-day class that works for you.

Tues. & Thurs.

8 a.m.-1 p.m.

Jan. 9 and 11
Feb. 6 and 8

April 9 and 11
May 7 and 9

Aug. 6 and 8

Nov. 5 and 7

Dec. 10 and 12



Mon. & Wed.

5-7 p.m.

June 10, 12, 17 and 19 Oct. 7, 9, 14 and 16

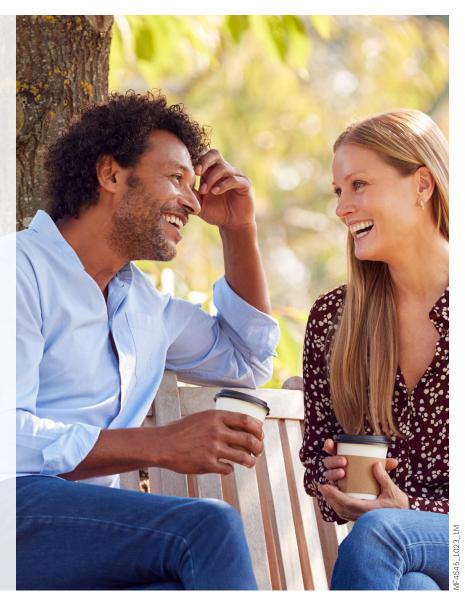


Sat.

8 a.m.-1 p.m.

March 2 and 9 Sept. 7 and 14

Our program is accredited by the American Diabetes Association



Medicare and most insurance plans cover class fees. A doctor's referral is required. Call 816.691.5267 for details and to register.



