

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	July 9 and 11
Feb. 6 and 8	Aug. 6 and 8
April 9 and 11	Nov. 5 and 7
May 7 and 9	Dec. 10 and 12

OR

Mon. & Wed.

5-7 p.m.

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

OR

Sat.

8 a.m.-1 p.m.

March 2 and 9
Sept. 7 and 14

*Our program is accredited by the
American Diabetes Association*



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

Learn more at nkch.org/Diabetes.

