

Valley Medical Group

Diabetes Education Classes on Zoom

Do you

- ❖ Have a lot of questions about living well with diabetes?
- ❖ Feel overwhelmed with trying to manage your diabetes?
- ❖ Have a new diagnosis of Type 2 diabetes?

Consider Online Group Diabetes Education Classes!

- ❖ For people with Type 2 diabetes
- ❖ Facilitated by a Diabetes Nurse Educator and a Registered Dietician
- ❖ Interactive and informal
- ❖ Learn skills to navigate your life with diabetes
- ❖ Address your challenges and concerns
- ❖ Learn to set goals and live better with diabetes
- ❖ Sample topics include: what is diabetes, ways to manage blood sugars, eating well with diabetes, carbohydrates, heart health, physical activity and many more

Ask your provider for more information or contact the Diabetes Educator team at diabeteseducators@vmgma.com



Additional information

- ❖ Covered by most insurances – copays and deductibles may apply
- ❖ Each class series consists of four 2-hour sessions on Zoom, held every other week
- ❖ Individual education available for those who are unable to access Zoom

