



*Prevention & Medical Care  
To Help You Live Better, Longer.*

# ***Group Diabetes Education Classes***

***Fall 2025 VIRTUAL Class Series***

## ***Diabetes Basics***

- ***For people with Type 2 Diabetes***
- ***Interactive and informal***
- ***Learn to set goals and live better with Diabetes***
- ***Address your individual challenges and concerns***
- ***Covered by most insurances – copays and deductibles may apply***



Ask your provider for a referral to:  
***Diabetes Education classes***

For more information or questions,  
contact:

Sarah Anderson at (413) 256-4468  
or sanderson@vmgma.com

### **VIRTUAL CLASS SERIES ON ZOOM**

**Taught by:  
Sarah Anderson, RN, CDCES**

**Wednesday mornings**

**10:00 am-12:00 pm**

**9/17/25; 10/1/25; 10/15/25;  
10/29/25**

**Attend all 4 Classes to  
complete the series.**

(Co-pays and deductibles may apply)