



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

Group Diabetes Education Classes

Winter 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 info, contact:
Sarah at (413) 256-4468, or
Margie at (413) 772-3351

(Co-pays may apply)

VIRTUAL CLASS SERIES ON ZOOM

Taught by:

**Sarah Anderson, RN, CDCES
Margie Sobil, RD, CDE**

Thursday mornings

10:00 am-12:00 pm

**1/16/25; 1/30/25; 2/13/25;
2/27/25**

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