



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

# Group Diabetes Education Classes

**Spring 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

**Thursday mornings**  
**10:00 am-12:00 pm**  
**5/1/25; 5/15/25; 5/29/25;**  
**6/12/25**

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

(Co-pays and deductibles may apply)