



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

# GROUP Diabetes Education

Spring 2023 VIRTUAL Classes

## "DIABETES 101"

- *For patients with Type 2 Diabetes*
- *Interactive and informal*
- *Learn lifestyle shifts helpful for diabetes*
- *Address your concerns, challenges and goals*



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, CDCES**

**Thursday mornings**  
**10:00 am-12:00 pm**  
**4/6/23, 4/20/23, 5/4/23,**  
**and 5/18/23**

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