



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

Group Diabetes Education Classes

Fall 2024 VIRTUAL Class Series

“Diabetes Basics”

- **For people with Type 2 Diabetes**
- **Interactive and informal**
- **Learn life style 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, CDE**

Wednesday mornings

10:00 am-12:00 pm

**9/25/24, 10/9/24, 10/23/24,
11/6/24**

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