



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

GROUP Diabetes Education

Spring 2024 VIRTUAL Classes

"DIABETES 101"

- *For patients 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

Thursday mornings
10:00 am-12:00 pm
4/4/24; 5/2/24; 5/16/24 and
5/30/24

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