



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

# GROUP Diabetes Education

Winter 2021 VIRTUAL Classes

## "DIABETES 101"

- *For patients with Type 2 Diabetes*
- *Interactive and informal*
- *Learn skills to maneuver a life with diabetes*
- *Address your concerns, challenges and goals*
- *Includes healthy food demos, samplings and recipes*



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  
Margie Sobil, RD, CDE

Wednesday mornings:

10 a.m. -12:00 p.m.  
1/13; 1/27; 2/10; and 2/24

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