



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

GROUP Diabetes Education

Fall 2020 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.
9/16, 9/30; 10/14 and 10/28**

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