

Diabetes Self-Management and Support Classes Available!

Are you looking to
lower your A1c
and **lose weight?**

WE CAN HELP!

On average, our participants lowered
their A1c by over **1%** and lost **10 pounds**
after completing our class series.

Based on data from 2022-2023 classes

Now offering VIRTUAL sessions!

EVENING

September 2023:

September 5th, 12th, 19th, and
26th

Tuesdays from 6:00 - 7:00PM

DAYTIME

October 2023:

October 5th, 12th, 19th, and
26th

Thursdays from 12:00-1:00PM

Classes will meet weekly for one hour for a total of four weeks.

These classes will help you better manage your diabetes by reviewing

- Impact of diabetes on your body
- Medications for diabetes
- Diet and nutrition
- Problem solving and self-management

To sign up for the class series,
please contact:

Kathryn Kester at **(412) 531-2902 x 126**
Administrative Assistant

***Our team of certified diabetes care and education specialists,
pharmacists, and dietitians look forward to working with you!***