

# 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

**January 2024:**

**January 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup>**

**Tuesdays from 6:00PM - 7:00PM**

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
- Diet and nutrition
- Medications for diabetes
- 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!***

