

PEHP

Diabetes and YOU

Diabetes Management Class

Managing diabetes is a daily commitment, one that requires encouragement, education, and support. The Diabetes and YOU class is dedicated to diabetes self management and offers resources for those striving to create healthy habits. Register for our 4-week educational series and receive the tools you need to improve your health.

**Course topics include:**

- Diabetes overview
- Nutrition and diabetes
- Exercise and everyday tips for staying healthy
- Diabetes complications

2019 Class Schedule:

- March 4th – March 25th
- July 8th – July 29th
- November 11th – December 2nd

REGISTER TODAY

Free web-based class taught and developed by PEHP Registered Dietitians. Conveniently offered online! Each participant will receive class materials that coincide with a weekly webinar, and will receive helpful booklets and handouts to support the learning experience. Register at www.pehp.org.