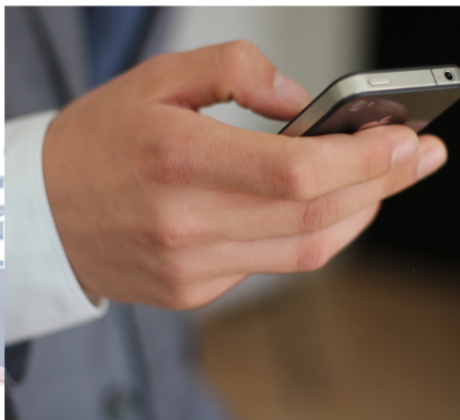


FREE DIABETES EDUCATION CLASSES YOU CAN TAKE AT HOME!

ALL YOU NEED IS A WAY TO CONNECT
(COMPUTER, TABLET, IPAD, SMARTPHONE)
& OUR ZOOM LINK



CLASSES MEET ON WEDNESDAYS FROM 1:00 PM – 2:30 P.M. EST

March Dates	Class Name
8th	The Basics of Diabetes
15th	Nutrition Basics
22nd	Diabetes Self-Management Skills
29th	Healthy Eating Lifestyle Changes

IN PARTNERSHIP WITH THE UNIVERSITY OF VIRGINIA, WE ARE OFFERING THESE TELE-EDUCATION CLASSES
SO THAT YOU CAN LEARN ABOUT DIABETES FROM THE COMFORT OF YOUR HOME.

REGISTER AT [HTTPS://MED.VIRGINIA.EDU/VCDPE/DIABETES-TELE-EDUCATION-PROGRAMS/](https://med.virginia.edu/vcdpe/diabetes-tele-education-programs/)
OR SCAN THE QR CODE

WE WILL SEND YOU AN EMAIL REMINDER AND THE LINK ON THE DAY OF THE BROADCAST!

For more information, contact: **Lorrie Rilko-** at pap8fj@virginia.edu.

University of Virginia Health System,
Website: <http://www.med.virginia.edu/vcdpe>
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