

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 TUESDAYS FROM 12:30 PM – 2:00 P.M. EST

October Dates	Class Name
4th	The Basics of Diabetes
11th	Nutrition Basics
18th	Diabetes Self-Management Skills
25th	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.

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