

FREE DIABETES EDUCATION CLASSES YOU CAN TAKE AT HOME!

ALL YOU NEED IS A WAY TO CONNECT
(COMPUTER, TABLET, IPAD, SMARTPHONE)



WATCH THESE ~30 MIN VIDEOS

Class Name

The Basics of Diabetes - *Part 1 & Part 2*

Nutrition Basics- Part 1 & Part 2

Diabetes Self-Management Skills - *Part 1 & Part 2*

Healthy Eating Lifestyle Changes- *Part 1 & Part 2*

IN PARTNERSHIP WITH THE UNIVERSITY OF VIRGINIA, THESE TELE-EDUCATION CLASSES ARE FREE OF CHARGE

**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**

GO UNDER **TELE-EDUCATION**, CLICK ON **DIABETES CLASSES (RECORDED)**, THEN ON
REGISTRATION FORM - DIABETES CLASSES RECORDED
YOU WILL BE SENT AN EMAIL WITH THE **LINK TO THE VIDEOS.**

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