



Diabetes Education Classes Now Available Virtual and In-Person

Dignity Health's Center for Diabetes Management is here to help you understand and control your diabetes. People who attend education classes are more likely to:

- Control their blood sugar, blood pressure and LDL cholesterol
- Recognize the connection between food and blood sugar results
- Understand how their medications work
- Take a more active role in their health management
- Have less diabetes distress
- Report more confidence in managing their diabetes
- Heal more quickly after surgery

Both virtual and in-person diabetes education classes available to best serve your individual needs and preferences.

Please call Center for Diabetes Management at **480.728.3535** for more information.

Class schedule subject to change.

Virtual Classes Available via Zoom

Mondays at 9 a.m.
Gestational diabetes

Tuesdays at 9 a.m.
Type 2 diabetes

Tuesdays at 2 p.m.
Type 1 diabetes

Thursdays at 5 p.m.
Type 2 diabetes

In-Person Classes at Center for Diabetes Management

Mondays at 1 p.m.
Type 2 diabetes

Wednesdays at 9 a.m.
Type 2 diabetes

Other Options (*call for current schedule*)

Prediabetes class

HEAL (Healthy Eating, Active Living) Lifestyle Program