



Diabetes Education Program

Putting Knowledge into Action!

Discover ways to manage your diabetes and enjoy living a healthy life!

Diabetes Education Class

- Interpret your blood sugar readings
- Plan healthy meals
- Cope with stress
- Choose your treatment options
- Find group support

Lunch is provided during the Diabetes Education Class. For more information or to sign-up for Diabetes Education Class, call Southcentral Foundation Health Education at (907) 729-2689.

Diabetes Support Group

- Share your stories in a positive setting with group support
- Learn ways to manage your diabetes from each other and guest speakers

This is open to the public and refreshments will be provided. The Diabetes Support Group is held on the first Monday of every month from noon-1:30 p.m.

If the first Monday of the month is a holiday, the support group will be held on the second Monday.

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