

Diabetes Self-Management Education and Support

Diabetes Self-Management Education Class (6 hours)

Benteh Nuutah Valley Native Primary Care Center Wellness Center offers a one-day comprehensive course for those with diabetes. Learn how to manage your diabetes and be as healthy as possible by focusing on self-care behaviors such as healthy eating, being active, monitoring glucose levels, taking medication, healthy coping, finding support, and more. Lunch will be provided.

Calendar dates are available on the back page. Contact the VNPCC Wellness Center to request a referral.

Wellness incentives are available for all attendees.


Meet with diabetes education providers:

- Behavioral health consultant
- Dietitian
- Exercise physiologist
- Health educator
- Nurse practitioner

Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630



2024 Diabetes Education Calendar

 **Diabetes Self-Management Education Class**
9 a.m.-3:30 p.m.

Friday, Feb. 23

Friday, Aug. 16

Friday, May 17

Friday, Oct. 25

JANUARY

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FEBRUARY

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DECEMBER

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