

Announcing

# VA/DOD Virtual Diabetes Self-Management Training (DSMT) Thursday Classes

American Diabetes Association recognized curriculum

**4** two-hour virtual classes via MHS Connect through your computer or smartphone.

## Thursdays 2 -4 pm EST

### CLASS 1

Orientation & Diabetes Overview

Feb 3  
Mar 3  
Apr 7

May 5  
Jun 2  
Jul 7

Aug 4  
Sep 1  
Oct 6

Nov 3  
Dec 1

### CLASS 2

Shared Decision Making/ Diabetes & Nutrition

Feb 10  
Mar 10  
Apr 14

May 12  
Jun 9  
Jul 14

Aug 11  
Sep 8  
Oct 13

Nov 10  
Dec 8

### CLASS 3

Diabetes & Medication  
Diabetes & Physical Activity

Feb 17  
Mar 17  
Apr 21

May 19  
Jun 16  
Jul 21

Aug 18  
Sep 15  
Oct 20

Nov 17  
Dec 15

### CLASS 4

Diabetes & Complications/  
Putting it All Together

Feb 24  
Mar 24  
Apr 28

May 26  
Jun 23  
Jul 28

Aug 25  
Sep 22  
Oct 27

Nov 22\*  
\*Tuesday class  
due to Thanksgiving  
Dec 22



Take classes as schedule permits--in any order!  
To sign up, talk with your medical home team.  
An email confirmation will be sent to you with class details.



**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION

More classes to come!