

Announcing

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

American Diabetes Association recognized curriculum

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

Tuesdays 4:30 - 6:30 pm EST

CLASS 1

Orientation & Diabetes Overview

Mar 1

Jun 7

Sep 6

Dec 6

Apr 5

Jul 5

Oct 4

May 3

Aug 2

Nov 8

CLASS 2

Shared Decision Making/ Diabetes & Nutrition

Mar 8

Jun 14

Sep 13

Dec 13

Apr 12

Jul 12

Oct 11

May 10

Aug 9

Nov 15

CLASS 3

Diabetes & Medication
Diabetes & Physical Activity

Mar 15

Jun 21

Sep 20

Dec 20

Apr 19

Jul 19

Oct 18

May 17

Aug 16

Nov 22

CLASS 4

Diabetes & Complications/
Putting it All Together

Mar 22

Jun 28

Sep 27

Dec 27

Apr 26

Jul 26

Oct 25

May 24

Aug 23

Nov 29

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.

More classes to come!



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IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION