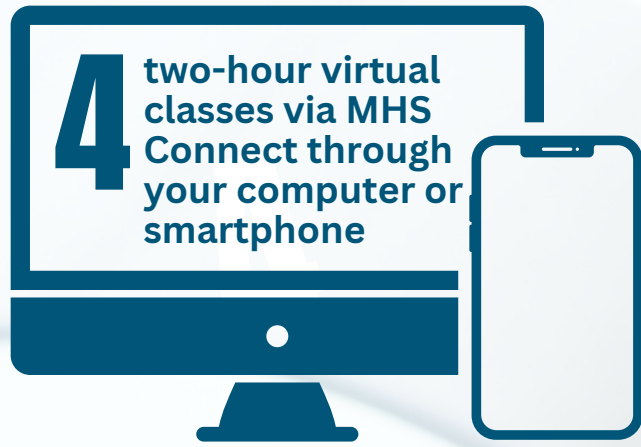


Announcing

Virtual Diabetes Self-Management Education & Support (DSMES) Classes

American Diabetes Association recognized curriculum
 Taught by Certified Diabetes Care & Education Specialists
 HIPAA-Compliant Platform - Easy to Use!



Tuesdays 1630 EST

CLASS 1	Diabetes in a Nutshell & Monitoring	Jul 5 (wed)	Aug 1	Sep 5	Oct 3	Nov 7	Dec 5
CLASS 2	Healthy Coping & Taking Medications	Jul 11	Aug 8	Sep 12	Oct 10	Nov 14	Dec 12
CLASS 3	Healthy Eating & Being Active	Jul 18	Aug 15	Sep 19	Oct 17	Nov 21	Dec 19
CLASS 4	Reducing Risks & Problem Solving	Jul 25	Aug 22	Sep 26	Oct 24	Nov 28	Dec 26

Thursdays 1400 EST

Thursdays 1400 EST

CLASS 1	Diabetes in a Nutshell & Monitoring	Jul 6	Aug 3	Sep 7	Oct 5	Nov 2	Dec 7
CLASS 2	Healthy Coping & Taking Medications	Jul 13	Aug 10	Sep 14	Oct 12	Nov 9	Dec 14
CLASS 3	Healthy Eating & Being Active	Jul 20	Aug 17	Sep 21	Oct 19	Nov 16	Dec 21
CLASS 4	Reducing Risks & Problem Solving	Jul 27	Aug 24	Sep 28	Oct 26	Nov 30	Dec 28

Thursdays 1600 PT

CLASS 1	Diabetes in a Nutshell & Monitoring		Aug 3		Oct 5		Dec 7
CLASS 2	Healthy Coping & Taking Medications		Aug 10		Oct 12		Dec 14
CLASS 3	Healthy Eating & Being Active		Aug 17		Oct 19		Dec 21
CLASS 4	Reducing Risks & Problem Solving		Aug 24		Oct 26		Dec 28

Day of Week	Japan Time (Next Day)	Hawaii Time	Pacific Time	Mountain Time	Central Time	Eastern Time	GMT (Next Day)
Tuesday Every Month	6:30 AM	10:30 AM	1:30 PM	2:30 PM	3:30 PM	4:30 PM	9:30 PM
Thursday Every Month	4:00 AM	8:00 AM	11:00 AM	12:00 PM	1:00 PM	2:00 PM	7:00 PM
Thursday Even Months	9:00 AM	1:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	12:00 AM



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.