

To the attendees scheduled for the April evening classes:

Due the current COVID 19 situation, we are rescheduling the April evening classes until May. The dates will be Tuesdays May 5, 12, and 19 from 5- 8 PM. April Day classes will be on Wednesdays May 6, 13 and 20<sup>th</sup>. We may have to also reschedule May, but for the time being we will hold May as schedule. Thanks very much for your flexibility during these difficult times.

These are a series of 9 hours

Class One: Deep Understanding of diabetes

- Home Blood glucose monitoring and new technology
- Activity and benefits for diabetes and overall health

Class Two: Healthy Eating, Meal planning and Carbohydrate Management

- Diabetes Medications- from metformin to insulin
- Steps to minimize risk for complications of diabetes

Class Three: Healthy coping with a chronic disease

- Resources for self-management
- Technology in the year 2020
- Summary, Goal setting and evaluation