

Diabetes Education Class

This class will cover:

- What is diabetes
- Diet and lifestyle changes to help manage diabetes and keep you healthy
- Preventing complications
- SMART goal setting
- Tracking your progress

Educator



Alisa Scherban MPH, RD, CDCES

Registered Dietitian and Diabetes Educator



Diabetes Class Schedule

What: Group video class

When: 3rd Tuesday of the month

Time: 12:00pm - 1:00pm

Request a nutrition referral
from your provider



203 432-4025



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