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