

DIABETES EDUCATION CLASSES

August 2020



Living Well with Diabetes Classes:

Saturday morning: 

Aug. 8th (part 1) 9:00am to 12:00pm

Aug. 15th (part 2) 9:00am to 12:00pm

Thursday morning: 

Aug. 13th (part 1) 9:00am to 12:00pm

Aug. 20th (part 2) 9:00am to 12:00pm

Thursday evening: 

Aug. 13th (part 1) 5:00pm to 8:00pm

Aug. 20th (part 2) 5:00pm to 8:00pm

Saturday morning (Classroom): 

Aug. 22nd (part 1) 9:00am to 12:00pm

Aug. 29th (part 2) 9:00am to 12:00pm

Diabetes Prevention Classes:

Wednesday evening: 

Aug. 19th (part 1) 5:00pm to 6:30pm

Aug. 26th (part 2) 5:00pm to 6:30pm

Saturday morning: 

Aug. 22nd (part 1) 9:00am to 10:30am

Aug. 29th (part 2) 9:00am to 10:30am

Visit our NEW website!

www.incontrolhawaii.net



We are slowly resuming our
face-to-face classes!

(following social distancing guidelines)



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