

# DIABETES EDUCATION CLASSES

October 2019



## Town Classes:

Set 10.1 (Tuesday morning):

Oct. 8<sup>th</sup> (part 1) 9:00am to 12:00pm

Oct. 22<sup>nd</sup> (part 2) 9:00am to 12:00pm

Set 10.2 (Thursday evening):

Oct. 17<sup>th</sup> (part 1) 5:00pm to 8:00pm

Oct. 24<sup>th</sup> (part 2) 5:00pm to 8:00pm

Set 10.3 (Saturday morning):

Oct. 19<sup>th</sup> (part 1) 9:00am to 12:00pm

Oct. 26<sup>th</sup> (part 2) 9:00am to 12:00pm

Visit our NEW website!  
[www.incontrolhawaii.net](http://www.incontrolhawaii.net)



## Leeward Classes:

HMSA Center – Pearl City (Saturday morning)

Oct. 5<sup>th</sup> (part 1) 9:30am to 12:30pm

Oct. 12<sup>th</sup> (part 2) 9:30am to 12:30pm

HMSA Center – Pearl City (Thursday morning)

Oct. 24<sup>th</sup> (part 1) 9:30am to 12:30pm

Oct. 31<sup>st</sup> (part 2) 9:30am to 12:30pm

## Small Steps, Big Rewards

Town Classes (Wednesday morning):

Oct. 16<sup>th</sup> (part 1) 9:00am to 10:30am

Oct. 23<sup>rd</sup> (part 2) 9:00am to 10:30am

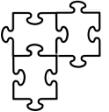
HMSA Center – Pearl City (Thursday afternoon)

Oct. 17<sup>th</sup> (part 1) 4:00pm to 5:30pm

Oct. 24<sup>th</sup> (part 2) 4:00pm to 5:30pm



Healthy Eating



Taking Medications



Monitoring



Being Active



Healthy Coping



Reducing Risk



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*Please call our office to schedule. Individual appointments also available.*