

DIABETES EDUCATION CLASSES

October 2019



Town Classes:

Set 10.1 (Tuesday morning):

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

Oct. 22nd (part 2) 9:00am to 12:00pm

Set 10.2 (Thursday evening):

Oct. 17th (part 1) 5:00pm to 8:00pm

Oct. 24th (part 2) 5:00pm to 8:00pm

Set 10.3 (Saturday morning):

Oct. 19th (part 1) 9:00am to 12:00pm

Oct. 26th (part 2) 9:00am to 12:00pm

Leeward Classes:

HMSA Center – Pearl City (Saturday morning)

Oct. 5th (part 1) 9:30am to 12:30pm

Oct. 12th (part 2) 9:30am to 12:30pm

HMSA Center – Pearl City (Thursday morning)

Oct. 24th (part 1) 9:30am to 12:30pm

Oct. 31st (part 2) 9:30am to 12:30pm

Small Steps, Big Rewards

Town Classes (Wednesday morning):

Oct. 16th (part 1) 9:00am to 10:30am

Oct. 23rd (part 2) 9:00am to 10:30am

HMSA Center – Pearl City (Thursday afternoon)

Oct. 17th (part 1) 4:00pm to 5:30pm

Oct. 24th (part 2) 4:00pm to 5:30pm

Visit our NEW website!
www.incontrolhawaii.net

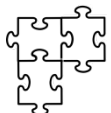


Healthy Eating

Taking Medications



Monitoring



Problem Solving

Reducing Risk



Being Active



Healthy Coping



inControl
DIABETES LEARNING & RESOURCE CENTER

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Visit our NEW website www.incontrolhawaii.net

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