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LIVING WELL WITH DIABETES CLASSES

MONTH	SATURDAY MORNINGS ON ZOOM 9:00 A.M. TO 12:00 P.M.	THURSDAY MORNINGS ON ZOOM 9:00 A.M. TO 12:00 P.M.	THURSDAY EVENINGS ON ZOOM 5:00 P.M. TO 8:00 P.M.	IN-PERSON CLASS 9:00 A.M. TO 12:00 P.M.
NOVEMBER	November 7 (Part 1) November 14 (Part 2)	November 12 (Part 1) November 19 (Part 2)	November 12 (Part 1) November 19 (Part 2)	SATURDAYS November 21 (Part 1) November 28 (Part 2)
DECEMBER	December 5 (Part 1) December 12 (Part 2)	December 10 (Part 1) December 17 (Part 2)	December 10 (Part 1) December 17 (Part 2)	TUESDAYS November 21 (Part 1) November 28 (Part 2)

DIABETES PREVENTION CLASSES

	SATURDAY	WEDNESDAY
NOVEMBER	ZOOM VIDEO TELECONFERENCE 9:00 a.m. to 10:30 a.m. November 14 (Part 1) November 21 (Part 2)	ZOOM VIDEO TELECONFERENCE 5:00 p.m. to 6:30 p.m. November 11 (Part 1) November 18 (Part 2)
DECEMBER	ZOOM VIDEO TELECONFERENCE 9:00 a.m. to 10:30 a.m. December 5 (Part 1) December 12 (Part 2)	ZOOM VIDEO TELECONFERENCE 5:00 p.m. to 6:30 p.m. December 9 (Part 1) December 16 (Part 2)



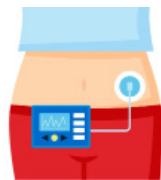
Healthy Eating



Being Active



Taking Medications



Monitoring



Problem Solving



Reducing Risk



Healthy Coping