

PEHP Diabetes and YOU Diabetes Management Class

Managing diabetes is a daily commitment, one that requires encouragement, education, and support. The Diabetes and YOU class is dedicated to diabetes self management and offers resources for those striving to create healthy habits. Register for our 4-week educational series and receive the tools you need to improve your health.



Course topics include:

- Diabetes overview
- Nutrition and diabetes
- Exercise and everyday tips for staying healthy
- Diabetes complications

2017 Class Schedule:

- March 6th – 27th
- June 5th – 26th
- September 5th – 25th

REGISTER TODAY

Free web-based class taught and developed by PEHP Registered Dietitians. Conveniently offered online! Each participant will receive class materials that coincide with a weekly webinar, and will receive helpful booklets and handouts to support the learning experience. Register at www.pehp.org.