

Learn How to Better Manage Your Diabetes



Is diabetes controlling your life? Information can help you gain control. Get in-depth information on these important issues:

Food – Nothing should be off limits. Learn how to eat anything.

Blood Sugar Number – What should it be and what does it mean?

Medicines – How do they work and why do I need more than one? Or why am I not taking any at all?

Activity – What does activity have to do with my blood sugar?

Sign up for this comprehensive two-session class and learn the answers to these and many more common questions.

This two-part class series costs \$312. Most insurance plans cover this cost.

2023

Diabetes Management Classes

FOOTHILLS HOSPITAL

Leo Hill B Conference Room
4747 Arapahoe Avenue, Boulder, CO

January 4 th & 9 th	9 a.m. to noon
February 8 th & 15 th	5 p.m. to 8 p.m.
March 6 th & 13 th	9 a.m. to noon
April 5 th & 12 th	5 p.m. to 8 p.m.
May 1 st & 8 th	9 a.m. to noon
June 7 th & 14 th	5 p.m. to 8 p.m.
July 10 th & 17 th	9 a.m. to noon
August 21 st & 28 th	5 p.m. to 8 p.m.
September 6 th & 11 th	9 a.m. to noon
October 4 th & 11 th	5 p.m. to 8 p.m.
November 6 th & 13 th	9 a.m. to noon
December 6 th & 13 th	5 p.m. to 8 p.m.

**Seating is limited. Registration required.
Call 303-415-7853.**

