



Healthy Living with Diabetes Classes 2020

**Discover how to help take control and manage your diabetes.
Classes are conveniently held in our new Diabetes/Nutrition Education office,
located at 1004 Tavern Road, Suite A, Martinsburg, WV.**

Month	Class Dates-Thursdays	Time
February	2/5/20 Live Well; 2/12/20 Eat Well; 2/19/20 Be Well	1 – 3 p.m.
March	3/4/20 Live Well; 3/11/20 Eat Well; 3/18/20 Be Well	5 – 7 p.m.
April	4/1/20 Live Well; 4/8/20 Eat Well; 4/15/20 Be Well	9 – 11 a.m.
May	5/13/20 Live Well; 5/20/20 Eat Well; 5/27/20 Be Well	1 – 3 p.m.
June	6/3/20 Live Well; 6/10/20 Eat Well; 6/17/20 Be Well	5 – 7 p.m.
July	7/8/20 Live Well; 7/15/20 Eat Well; 7/22/20 Be Well	9 – 11 a.m.
August	8/5/20 Live Well; 8/12/20 Eat Well; 8/19/20 Be Well	1 – 3 p.m.
September	9/9/20 Live Well; 9/16/20 Eat Well; 9/23/20 Be Well	5 – 7 p.m.
October	10/7/20 Live Well; 10/14/20 Eat Well; 10/21/20 Be Well	9 – 11 a.m.
November	11/4/20 Live Well; 11/11/20 Eat Well; 11/18/20 Be Well	1 – 3 p.m.
December	12/2/20 Live Well; 12/9/20 Eat Well; 12/16/20 Be Well	5 – 7 p.m.

A referral from your healthcare provider is required. Have your provider FAX a referral to 304-264-1003. For additional information call 304-596-6839.