



BERKELEY MEDICAL CENTER

Managing Your Diabetes

2016 Group Diabetes Classes

Discover what you want and need to know about managing your diabetes.

MONTH	CLASS DATES - MONDAYS Held in the McCormack Center, Suite 3800, on the Berkeley Medical Center Campus	TIME
Jan/Feb	1/18/2016 - On The Road to Better Managing Diabetes 1/25/2016 - Diabetes & Healthy Eating 2/01/2016 - Monitoring your Blood Glucose 2/08/2016 - Continuing Your Journey with Diabetes	9 — 11 a.m.
March	3/07/2016 - On The Road to Better Managing Diabetes 3/14/2016 - Diabetes & Healthy Eating 3/21/2016 - Monitoring your Blood Glucose 3/28/2016 - Continuing Your Journey with Diabetes	1 — 3 p.m.
April	4/04/2016 - On The Road to Better Managing Diabetes 4/11/2016 - Diabetes & Healthy Eating 4/18/2016 - Monitoring your Blood Glucose 4/25/2016 - Continuing Your Journey with Diabetes	9 — 11 a.m.
May	5/02/2016 - On The Road to Better Managing Diabetes 5/09/2016 - Diabetes & Healthy Eating 5/16/2016 - Monitoring your Blood Glucose 5/23/2016 - Continuing Your Journey with Diabetes	1 — 3 p.m.
June	6/06/2016 - On The Road to Better Managing Diabetes 6/13/2016 - Diabetes & Healthy Eating 6/20/2016 - Monitoring your Blood Glucose 6/27/2016 - Continuing Your Journey with Diabetes	9 — 11 a.m.
Aug/Sept	8/22/2016 - On The Road to Better Managing Diabetes 8/29/2016 - Diabetes & Healthy Eating 9/12/2016 - Monitoring your Blood Glucose 9/19/2016 - Continuing Your Journey with Diabetes	1 — 3 p.m.
October	10/03/2016 - On The Road to Better Managing Diabetes 10/10/2016 - Diabetes & Healthy Eating 10/17/2016 - Monitoring your Blood Glucose 10/24/2016 - Continuing Your Journey with Diabetes	9 — 11 a.m.
November	11/07/2016 - On The Road to Better Managing Diabetes 11/14/2016 - Diabetes & Healthy Eating 11/21/2016 - Monitoring your Blood Glucose 11/28/2016 - Continuing Your Journey with Diabetes	1 — 3 p.m.

A referral from your healthcare provider is required. Have your provider FAX a referral to 304.264.1003. A class fee is applicable and is covered by some insurance companies. For additional information, call 304.596.6839.