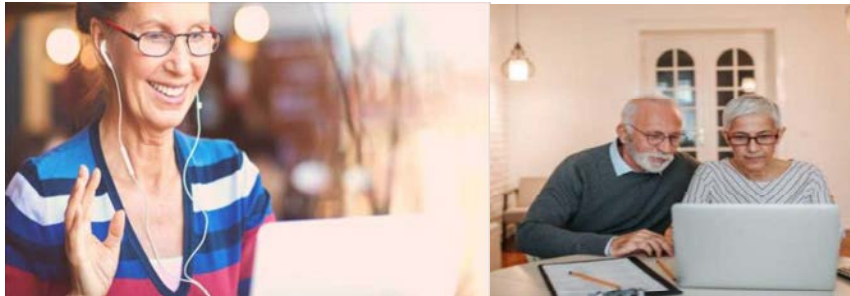


FREE Diabetes Education Classes You Can Take At-Home!
All you need is a way to Connect
(computer, tablet, ipad, smartphone)
And the below Zoom Link



Classes meet on Mondays from 1:00 pm – 2:30 p.m. EST

April Dates	June Dates	Class Name
12 th	7 th	<i>The Basics of Diabetes</i>
19 th	14 th	<i>Nutrition Basics</i>
26 th	21 st	<i>Diabetes Self-Management Skills</i>
May 3 rd	28 th	<i>Healthy Eating Lifestyle Changes</i>

In partnership with the University of Virginia, we are offering these tele-education classes so that you can learn about diabetes from the comfort of your home.

To learn more, contact Viola Holmes, vjf7j@virginia.edu, or the agency that referred you.

Click on the below Zoom Link:

<https://virginia.zoom.us/j/94861572037?pwd=WC9lbnFmV2xIQVFcaW9BYoFIV3VaQTog>

Or Call, 1(312)626-6799; enter Meeting ID: 948 6157 2037; Passcode: 165970