

PEHP
Health & Benefits

PEHP WELLNESS

**Online
Class**



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 the self-management of type 1 & type 2 diabetes 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.

Free web-based class taught and developed by a PEHP Registered Dietitian. Course topics include:

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

Participants receive class materials that coincide with a weekly webinar, and will receive helpful resources and handouts to support the learning experience.

2021 Schedule

March 8 – April 2

July 12 – Aug. 6

Nov. 15 – Dec. 10

[Register here](#)

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