PEHP Health & Benefits PEHP WELLNESS Online Class

Diabetes and YOU

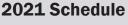
Diabetes Management Class

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.



March 8 – April 2 July 12 – Aug. 6 Nov. 15 – Dec. 10

Register here