Upcoming Class

Dining with Diabetes Spring Online Course

Registration: Jan. 10 - March 2, 2022
Registration Link: https://tinyurl.com/2p855x9d
Class Begins: March 7 • Limited to 20 participants
Course Fee: $25

For details contact
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This self-paced online course series helps individuals learn strategies to manage their diabetes through menu planning, carbohydrate counting, portion control, and label reading.

Classes in the series are pre-recorded, released weekly and taught by certified instructors in an online format to allow participants to complete courses when it’s best for their schedules.