



# Diabetes Education Classes Now Available Virtual and In-Person

Dignity Health's Center for Diabetes Management is here to help you care for your patients with diabetes.

Our diabetes educators can help you meet pay-for-performance and quality improvement goals.

Patients who attend education classes are more likely to:

- Control their glucose, blood pressure and LDL cholesterol
- Take their medications as prescribed
- Take a more active role in their health management
- Heal more quickly after surgery

Both virtual and in-person diabetes education classes available to best serve individual needs and preferences.

Please call Center for Diabetes Management at **480.728.3535** for more information.

*Class schedule subject to change.*

## Virtual Classes Available via Zoom

**Mondays at 9 a.m.**

Type 1 diabetes

**Tuesdays at 9 a.m. & 2 p.m.**

Type 2 diabetes

**Wednesdays at 9 a.m.**

Gestational diabetes

**Thursdays at 5 p.m.**

Type 2 diabetes

## In-Person Classes at Center for Diabetes Management

**Mondays at 1 p.m.**

Type 2 diabetes

**Wednesdays at 9 a.m.**

Type 2 diabetes

## Other Options (call for current schedule)

Prediabetes class

Prevent T2 Lifestyle change program