

# FREE Diabetes Education Classes!

Do you have diabetes and want to improve your blood sugar control? Register for upcoming classes offered by your local Big Y Pharmacist!

## When & Where:

Date:	Class:	Where:	Time:
Thursday, May 23 <sup>rd</sup>	Monitoring	Big Y – Northampton Café	4 pm - 6 pm
Thursday, May 30 <sup>th</sup>	Being Active	Big Y – Northampton Café	4 pm - 6 pm
Thursday, June 6 <sup>th</sup>	Healthy Eating*	Big Y – Northampton Café	4 pm – 6:30 pm*
Thursday, June 13 <sup>th</sup>	Taking Medications	Big Y – Northampton Café	4 pm – 6 pm
Thursday, June 20 <sup>th</sup>	Reducing Risks	Big Y – Northampton Café	4 pm - 6 pm
Thursday, June 27 <sup>th</sup>	Healthy Coping & Problem Solving	Big Y – Northampton Café	4 pm - 6 pm

\*The Thursday June 6<sup>th</sup> class will be held in conjunction with the Living Well Eating Smart Team of Registered Dietitians and include a grocery store tour.\*

## Sessions Include:

- Diabetes grocery store tour at the Northampton Big Y.
- Interactive educational sessions focusing on important aspects of diabetes management.
- Educational handouts with relevant information to each class topic.

## Registration FAQs:

- A maximum of 10 people can sign up per class.
- Last day to register for each class is 3 days prior to the class.
- Classes are **FREE!**
- Attendance to all 6 classes is encouraged, but not required.
- Family members and/or caregivers are also welcome to attend.

## For more information and to sign-up, contact:

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