

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 rd	Monitoring	Big Y – Wilbraham Café	11 am – 1 pm
Thursday, May 30 th	Being Active	Big Y – Wilbraham Café	11 am – 1 pm
Thursday, June 6 th	Healthy Eating*	Big Y – Wilbraham Café	11 am – 1:30 pm*
Thursday, June 13 th	Taking Medications	Big Y – Wilbraham Café	11 am – 1 pm
Thursday, June 20 th	Reducing Risks	Big Y – Wilbraham Café	11 am – 1 pm
Thursday, June 27 th	Healthy Coping & Problem Solving	Big Y – Wilbraham Café	11 am – 1 pm

The Thursday June 6th 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 Wilbraham 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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