

Diabetes Self-Management Classes – 2026

Presented by the Center for Diabetes Wellness and Prevention

RWJBarnabas Health Ambulatory Care Center

200 South Orange Avenue, Livingston, NJ 07039

This class is for adults only. A physician's prescription is required.

We participate with insurance plans. Medicare reimbursement is also accepted.

Pre-registration is required by calling [973-322-7007](tel:973-322-7007).

Day classes will be held IN PERSON on Wednesdays (see below for times).

Location: RWJBarnabas Health Ambulatory Care Center, 200 South Orange Avenue, Livingston, NJ

*Please stop by the Concierge desk for room location.

	Diabetes Classes 9:30 am – 11:30 am	Follow-up Class 10 - 11 am
1 st Series	January 7, 14, 21, 28	February 25
2 nd Series	March 4, 11, 18, 25	April 22
3 rd Series	May 6, 13, 20, 27	June 24
4 th Series	September 9, 16, 23, 30	October 28
5 th Series	November 4, 11, 18, December 2	December 23

Evening classes will be held IN PERSON on Wednesdays (see below for times).

Location: RWJBarnabas Health Ambulatory Care Center, 200 South Orange Avenue, Livingston, NJ

*Please stop by the Concierge desk for room location.

	Diabetes Classes 6 - 8 pm	Follow-up Class 6 - 7 pm
1 st Series	February 4, 11, 18, 25	March 25
2 nd Series	April 8, 15, 22, 29	May 27
3 rd Series	June 3, 10, 17, 24	July 22
4 th Series	October 7, 14, 21, 28	November 18

Please note, diabetes education and medical nutrition therapy are also offered individually.

For additional diabetes programs and support groups, please visit rwjbh.org/cbmcevents.