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.

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**
1st Series	January 7, 14, 21, 28	February 25
2nd Series	March 4, 11, 18, 25	April 22
3rd Series	May 6, 13, 20, 27	June 24
4th Series	September 9, 16, 23, 30	October 28
5th Series	November 4, 11, 18, December 2	December 23

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

Evening classes will be through EPIC telehealth. You will get reminders through MyChart. Please make sure to sign up at rwjbh.org/MyChart. The start time will be 15 to 30 minutes before the class start time depending on class size to allow participants to complete check in.

	Diabetes Classes **5:30 – 7:30 pm**	**Follow-up Class** **6 - 7 pm**
1st Series	February 4, 11, 18, 25	March 25
2nd Series	April 8, 15, 22, 29	May 27
3rd Series	June 3, 10, 17, 24	July 22
4th 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.