

# **Diabetes Self-Management Classes – 2023**

Presented by the Center for Diabetes Wellness and Prevention  
Barnabas 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: Barnabas Health Ambulatory Care Center, 200 South Orange Avenue, Livingston, NJ

	<b>Diabetes Classes</b> <b>10:00 am-12:00 pm</b> (unless noted below)	<b>Follow-up Class</b> <b>10:00 to 11:00 am</b>
1 <sup>st</sup> Series	February 1 (9:30-11:30 am), 8, 15, 22	March 22
2 <sup>nd</sup> Series	April 5 (9:30-11:30 am), 12, 19, 26	May 24
3 <sup>rd</sup> Series	June 7 (9:30-11:30 am), 14, 21, 28	July 26
4 <sup>th</sup> Series	October 4 (9:30-11:30 am), 11, 18, 25	November 15
5 <sup>th</sup> Series	December 6 (9:30-11:30 am), 13, 20, 27	January 24, 2024

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

Evening classes will be held virtually on Zoom. Registrants will be sent an invite to their email addresses. The invite will start 15 to 30 minutes before the class start time depending upon class size to allow participants to enable technology.

	<b>Diabetes Classes</b> <b>6:00-8:00 pm</b>	<b>Follow-up Class</b> <b>6:00 to 7:00 pm</b>
1 <sup>st</sup> Series	January 4, 11, 18, 25	February 22
2 <sup>nd</sup> Series	March 8, 15, 22, 29	April 26
3 <sup>rd</sup> Series	May 3, 10, 17, 24	June 21
4 <sup>th</sup> Series	September 6, 13, 20, 27	October 25
5 <sup>th</sup> Series	November 1, 8, 15, 29	December 27

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

For additional diabetes programs and support groups, please visit [rwjbh.org/cbmcevents](http://rwjbh.org/cbmcevents).