

## **DIABETES SELF MANAGEMENT CLASSES – 2019**

Barnabas Health Ambulatory Care Center  
200 South Orange Avenue, Livingston, NJ 07039

A fee applies and pre-registration is required by calling 973-322-7007.

### **Day Classes:** Wednesdays (see below for times)

	<b><u>Diabetes Class</u></b> <b>10:00 am to 12:00 pm</b>	<b><u>Follow-up Class</u></b> <b>11:00 am to 12:00 pm</b>
1 <sup>st</sup> Series	February 6 (arrive at 9:00 am), 13, 20, 27	March 27
2 <sup>nd</sup> Series	April 3 (arrive at 9:00 am), 10, 17, 24	May 22
3 <sup>rd</sup> Series	June 5 (arrive at 9:00 am), 12, 19, 26	July 24
4 <sup>th</sup> Series	October 2 (arrive at 9:00 am), 9, 16, 23	November 20

### **Evening Classes:** Wednesdays (see below for times)

	<b><u>Diabetes Class</u></b> <b>6:00 to 8:00 pm</b>	<b><u>Follow-up Class</u></b> <b>6:00 to 7:00 pm</b>
1 <sup>st</sup> Series	January 9 (arrive at 5:00 pm), 16, 23, 30	February 27
2 <sup>nd</sup> Series	March 6 (arrive at 5:00 pm), 13, 20, 27	April 24
3 <sup>rd</sup> Series	May 8 (arrive at 5:00 pm), 15, 22, 29	June 19
4 <sup>th</sup> Series	September 4 (arrive at 5:00 pm), 11, 18, 25	October 23
5 <sup>th</sup> Series	Nov. 6 (arrive at 5:00 pm), 13, 20, Dec. 4	January 8