If you have diabetes, the goal is control.

Control your blood sugar and you cut the risk of life-threatening complications.

Robert Wood Johnson University Hospital Rahway, together with The Gateway Family YMCA – Rahway Branch, has a **FREE six week program that will show you how to control blood sugar.** Education, support, light exercise and lunch are included to help you reach the goal of control. This free program is open to those without insurance or whose insurance doesn't cover diabetes education.

2026 CLASS DATES WILL BE THURSDAYS.

March 5	March 12	March 19
March 26	April 2	April 9

Class times will be **11 a.m. to 12:30 p.m.**

Light exercise and a light lunch will be served.

CLASSES TAKE PLACE AT:

The Gateway Family YMCA – Rahway Branch
1564 Irving St, Rahway

Seating is limited. Registration required.

To register and for more information call **732-388-0057.**

RWJBarnabas HEALTH | Robert Wood Johnson University Hospital Rahway

2498009I-11/25

This program is made possible through a grant from Merck.

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2026 CLASS DATES WILL BE THURSDAYS.

July 9	July 16	July 23
July 30	August 6	August 13

Class times will be
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