

# Virtual Diabetes Self-Management Classes – 2022

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: Wednesdays (see below for times)**

	<b>Diabetes Classes 10:00 am to 12:00 pm</b>	<b>Follow-up Class 10:00 to 11:00 am</b>
1 <sup>st</sup> Series	February 2, 9, 16, 23	March 23
2 <sup>nd</sup> Series	April 6, 13, 20, 27	May 25
3 <sup>rd</sup> Series	June 1, 8, 15, 22	July 20
4 <sup>th</sup> Series	October 6 (Thurs.), 12, 19, 26	November 16
5 <sup>th</sup> Series	December 7, 14, 21, 28	January 25, 2023

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

	<b>Diabetes Classes 6:00 to 8:00 pm</b>	<b>Follow-up Class 6:00 to 7:00 pm</b>
1 <sup>st</sup> Series	January 5, 12, 19, 26	February 23
2 <sup>nd</sup> Series	March 9, 16, 23, 30	April 27
3 <sup>rd</sup> Series	May 4, 11, 18, 25	June 22
4 <sup>th</sup> Series	September 7, 14, 21, 28	October 26
5 <sup>th</sup> Series	November 2, 9, 16, 30	December 28

All classes will be held virtually until further notice. Registrants will be sent an invite to their email addresses via GoToMeeting. The invite will start 15 to 30 minutes before the class start time depending upon class size to allow participants to enable technology.

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

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