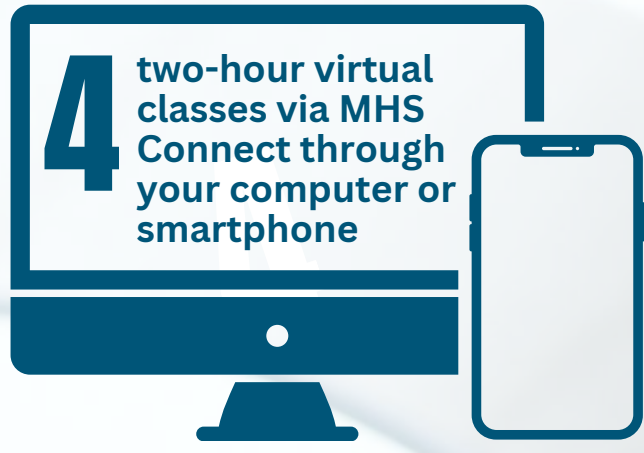


Announcing

Virtual Diabetes Self-Management Education & Support (DSMES) Classes

American Diabetes Association recognized curriculum
 Taught by Certified Diabetes Care & Education Specialists
 HIPAA-Compliant Platform – Easy to Use!



Tuesdays 1630 EST

| | | | | | | | |
|----------------|-------------------------------------|--------|--------|--------|--------|--------|--------|
| CLASS 1 | Diabetes in a Nutshell & Monitoring | Jan 7 | Feb 4 | Mar 4 | Apr 1 | May 6 | Jun 3 |
| CLASS 2 | Healthy Coping & Taking Medications | Jan 14 | Feb 11 | Mar 11 | Apr 8 | May 13 | Jun 10 |
| CLASS 3 | Healthy Eating & Being Active | Jan 21 | Feb 18 | Mar 18 | Apr 15 | May 20 | Jun 17 |
| CLASS 4 | Reducing Risks & Problem Solving | Jan 28 | Feb 25 | Mar 25 | Apr 22 | May 27 | Jun 24 |

Thursdays 1400 EST

| | | | | | | | |
|----------------|-------------------------------------|--------|--------|--------|--------|--------|--------------|
| CLASS 1 | Diabetes in a Nutshell & Monitoring | Jan 2 | Feb 6 | Mar 6 | Apr 3 | May 1 | Jun 5 |
| CLASS 2 | Healthy Coping & Taking Medications | Jan 9 | Feb 13 | Mar 13 | Apr 10 | May 8 | Jun 12 |
| CLASS 3 | Healthy Eating & Being Active | Jan 16 | Feb 20 | Mar 20 | Apr 17 | May 15 | Jun 18 (Wed) |
| CLASS 4 | Reducing Risks & Problem Solving | Jan 23 | Feb 27 | Mar 27 | Apr 24 | May 22 | Jun 26 |

Thursdays 1900 EST (1600 PT)

| | | | | | | | |
|----------------|-------------------------------------|--|--------|--|--------|--|--------------|
| CLASS 1 | Diabetes in a Nutshell & Monitoring | | Feb 6 | | Apr 3 | | Jun 5 |
| CLASS 2 | Healthy Coping & Taking Medications | | Feb 13 | | Apr 10 | | Jun 12 |
| CLASS 3 | Healthy Eating & Being Active | | Feb 20 | | Apr 17 | | Jun 18 (Wed) |
| CLASS 4 | Reducing Risks & Problem Solving | | Feb 27 | | Apr 24 | | Jun 26 |

| Day of Week | Japan Time (Next Day) | Hawaii Time | Pacific Time | Mountain Time | Central Time | Eastern Time | GMT (Next Day) |
|----------------------|-----------------------|-------------|--------------|---------------|--------------|--------------|----------------|
| Tuesday Every Month | 6:30 AM | 10:30 AM | 1:30 PM | 2:30 PM | 3:30 PM | 4:30 PM | 9:30 PM |
| Thursday Every Month | 4:00 AM | 8:00 AM | 11:00 AM | 12:00 PM | 1:00 PM | 2:00 PM | 7:00 PM |
| Thursday Even Months | 9:00 AM | 1:00 PM | 4:00 PM | 5:00 PM | 6:00 PM | 7:00 PM | 12:00 AM |

Take classes as schedule permits--in any order! To sign up, talk with your medical home team. An email confirmation will be sent to you with class details.

