

DIABETES SELF-MANAGEMENT EDUCATION & SUPPORT

Physician/provider
referral required.
We can help you!

Tentative 2024 class
schedule
(subject to change)

Classes held at
Labette Health's
Rector Center
(BLDG G)

For more information and to reserve your seat, call 620.820.5925

TUESDAYS
4PM—5:15PM

APR

16 Healthy Coping
23 Being Active
30 Taking Medications

MAY

7 Healthy Eating
14 Monitoring & Problem
Solving
21 Reducing Risks

TUESDAYS
6PM—7:15PM

JUL

16 Healthy Coping
23 Being Active
30 Taking Medications

AUG

6 Healthy Eating
13 Monitoring & Problem
Solving
20 Reducing Risks

THURSDAYS
4PM—5:15PM

OCT

3 Healthy Coping
10 Being Active
17 Taking Medications
24 Healthy Eating
31 Monitoring & Problem
Solving

NOV

7 Reducing Risks