

Learn How to Better Manage Your Diabetes



Is diabetes controlling your life? Information can help you gain control. Get in-depth information on these important issues:

Food – Nothing should be off limits. Learn how to eat anything.

Blood Sugar Number – What should it be and what does it mean?

Medicines – How do they work and why do I need more than one? Or why am I not taking any at all?

Activity – What does activity have to do with my blood sugar?

Sign up for this comprehensive two-session class and learn the answers to these and many more common questions.

This two-part class series costs \$348. Most insurance plans cover this cost.

2025

Diabetes Management Classes

FOOTHILLS HOSPITAL

Leo Hill B Conference Room
4747 Arapahoe Avenue, Boulder, CO

January 9 th & 30 th	9 a.m. to noon
February 4 th & 6 th	5 p.m. to 8 p.m.
March 6 th & 20 th	9 a.m. to noon
April 2 nd & 23 rd	5 p.m. to 8 p.m.
May 15 th & 19 th	9 a.m. to noon
June 16 th & 23 rd	5 p.m. to 8 p.m.
July 24 th & 31 st	9 a.m. to noon
August 20 th & 27 th	5 p.m. to 8 p.m.
September 18 th & 25 th	9 a.m. to noon
October 8 th & 15 th	5 p.m. to 8 p.m.
November 6 th & 13 th	9 a.m. to noon
December 3 rd & 10 th	5 p.m. to 8 p.m.

Two-part class series offered each month (part A & part B)

Seating is limited. Registration required.

Call 303-415-7853.

