



Banner Health®

**CALL TO JOIN THESE
VIRTUAL CLASSES!**

Healthy Living Program 2021

Diabetes Overview

Learn the basics of diabetes and how to create a plan to prevent or to be healthy while living with diabetes

(1st Monday of the month)

Healthy Eating Basics

Learn the basics and benefits of eating healthily to live with or to prevent diabetes, identifying dietary myths, and mindful eating.

(2nd Monday of the month)

*Classes Repeat Every Month
on Mondays
at 12 - 1 pm and
5:30 - 6:30 pm MST*

*Classes are free, no co-pay.
You do not need to be a
Banner patient to attend*

Easy Fitness Basics

Learn how to make moving your body improve your blood glucose levels or reduce your risk for developing type 2 diabetes.

(3rd Monday of the month)

**To Get the Login Info, Call (520) 626-1609
Or Email TucsonDiabetes@BannerHealth.com**