CALL TO JOIN THESE VIRTUAL CLASSES!

Healthy Living Program 2021

Jan 4: 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)

Jan 11: 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)

Jan 18: 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)

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

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