CALL TO JOIN THESE VIRTUAL CLASSES!

Healthy Living Program 2022

Jan 3: 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 10: 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 17: Easy Fitness Basics
Learn how moving your body can help lower your blood sugar levels or reduce your risk for developing type 2 diabetes.
(3rd Monday of the month)

Classes Repeat Every Month on Mondays at
2 DIFFERENT TIMES:
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 Online Link, Call (520) 694-8041
Or Email TucsonDiabetes@BannerHealth.com