



CALL TO JOIN THESE
VIRTUAL CLASSES!

Healthy Living Program 2022

*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.*

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)

To Get the Online Link, Call (520) 694-8041
Or Email TucsonDiabetes@BannerHealth.com