

# InStep With Diabetes



Learn how to control your diabetes in this three-part online series

This is a series of three 1-hour classes that will help you better understand diabetes and the lifestyle changes needed to support healthy living. Learn why healthy eating, physical activity, and blood sugar control are important for diabetes care, and ways to incorporate these changes into your life or support a loved one.

**Date: October**

**15<sup>th</sup>, 22<sup>nd</sup>, & 29<sup>th</sup>**

**Time: 5 pm - 6pm**

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