



# 2022 Online Diabetes Support Classes

Join Baylor Scott & White diabetes educators, nurses, dietitians, and pharmacists as they discuss how to self-manage diabetes care. During these online support sessions, you will have the opportunity to ask questions about meal planning, medications, and reducing diabetes risks to help you or your loved one better manage your diabetes or pre-diabetes.

- There is **no charge!**
- Family and friends are welcome!
- Get your questions answered!

Classes use WebEx which you can pull up on your computer or phone

Dates: 2<sup>nd</sup> Saturday of every month 10:00 - 11AM

Jan 8<sup>th</sup>  
Feb 12<sup>th</sup>  
Mar 12<sup>th</sup>  
Apr 9<sup>th</sup>  
May 14<sup>th</sup>  
Jun 11<sup>th</sup>

Jul 9<sup>th</sup>  
Aug 13<sup>th</sup>  
Sep 10<sup>th</sup>  
Oct 8<sup>th</sup>  
Nov 12<sup>th</sup>  
Dec 10<sup>th</sup>

Join via to the WebEx link or QR code

<https://bswhealth.webex.com/bswhealth/j.php?MTID=m1cd61a48a78b20cfc7fe97871280c359>



\* Password = diabetes (if asked for one)

