

DIABETES SELF-EMPOWERMENT EDUCATION

FREE INTERACTIVE DIABETES PROGRAM

Become empowered to better control your diabetes by gaining lifelong tools and habits.

This series of diabetes group classes is open to individuals and their support network with all kinds of diabetes, all at no cost to you.

LEARN HOW YOU CAN:

- Control your Blood Sugar
 - Have More Energy
- Spend Less on Health Care
- Reduce Diabetes Symptoms
 - And Feel Better!

See reverse side for a list of upcoming in-person and virtual classes!

All virtual classes are held via Zoom - call-in options or online access assistance available, and no prior Zoom or online learning experience needed.



For more information or to register, call 720-266-2971 visit www.tchd.org/diabetes or scan here!



CLASS SCHEDULE WINTER 2022

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November In-Person - Tuesday Morning

Aurora Center for Active Adults, 30 W Del Mar Cir, Aurora, 80011
Tuesdays, 11/9/2021 to 12/7/2021, No class 11/23/2021
10:15 AM - 12:15 PM

December Virtual - Monday Lunch

In partnership with Center for African American Health
Special focus on Black/African American Health, Open to all
Mondays, 12/20/2021 - 2/14/2022
12:00 - 1:00 PM

January Virtual - Thursday Lunch

Thursdays, 1/6/2022 - 2/21/2022
12:00 - 1:00 PM

January In-Person - Monday Afternoon

Active Adult Center, 11181 Colorado Blvd, Thornton, 80233
Mondays, 1/10/2022 - 1/31/2022
1:00 PM - 3:00 PM

February In-Person - Tuesday Lunch

Margaret Carpenter Rec Center, 11151 Colorado Blvd, Thornton, 80233
Tuesdays, 2/1/2022 - 2/22/2022
12:00 - 2:00 PM

February Virtual - Thursday Evening

Thursdays, 2/3/2022 - 3/24/2022
12:00 - 2:00 PM