**HealthReach Diabetes**

**Group Classes**

 **You can benefit from attending the Diabetes Group if…**

* ***YOU* have recently been told you have diabetes.**
* ***YOU* want better blood glucose control.**
* ***YOU* are having a hard time managing diabetes.**
* ***YOU* are trying to prevent long-term health problems.**

**Class 1 -- Healthy Coping, Being Active and Healthy Eating**

* What is Diabetes?
* Making exercise safe and fun.
* Learning about healthy meals.
* Ways to lower stress and feel better.

**Class 2 – Taking Medicines, Using Monitors, Solving Problems and Lowering Risks**

* Diabetes medicines and blood glucose monitors.
* Problem solving tips.
* Ways to lower risks of long-term health problems caused by diabetes
* Making plans to help you meet your personal goals.

**For more information or to register for the next Diabetes Group Class, call HealthReach Diabetes at 603-926-9131.**

**HealthReach Diabetes Group Classes**

***Diabetes Group Education gives you the skills to self-manage your Diabetes for LIFE.***

**Fall 2023 Class Schedule**

Wednesdays, **October 18** and **October 25**

9:30 am – 11:30 am **or** 2:00 pm – 4:00 pm

HealthReach Diabetes Center

881 Lafayette Rd Ste G & H

Hampton, NH 03842

Wednesdays, **November 1** and **November 8**

9:30 am – 11:30 am

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Wednesdays, **December 6** and **December 13**

9:30 am – 11:30 am **or** 2:00 pm – 4:00 pm

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