

DIABETES EDUCATION CLASSES

October 2022



Living Well with Diabetes Classes:

Thursday evening:



Oct. 13th (part 1) 5:00pm to 8:00pm

Oct. 20th (part 2) 5:00pm to 8:00pm

Saturday morning:



Oct. 15th (part 1) 9:00am to 12:00pm

Oct. 22nd (part 2) 9:00am to 12:00pm

Thursday morning:



Oct. 20th (part 1) 9:00am to 12:00pm

Oct. 27th (part 2) 9:00am to 12:00pm

Tuesday morning (Classroom):



Oct. 18th (part 1) 9:00am to 12:00pm

Oct. 25th (part 2) 9:00am to 12:00pm

Diabetes Prevention Classes:

Wednesday evening:



Oct. 12th (part 1) 5:00pm to 6:30pm

Oct. 19th (part 2) 5:00pm to 6:30pm

Saturday morning:



Oct. 15th (part 1) 9:00am to 10:30am

Oct. 22nd (part 2) 9:00am to 10:30am

Visit our NEW website!
www.incontrolhawaii.com



inControl
DIABETES LEARNING & RESOURCE CENTER



ANNIVERSARY

1449-A S. Beretania St. • Honolulu, Hawaii 96814 • Phone: 450-2402 • Fax: 450-2399