

Diabetes 101

A Diabetes Self-Management Education Program

Sponsored by Porter Hospital



Includes a 4-week course

Week 1: Introduction to Diabetes Management
& Blood Glucose Monitoring

Week 2: Nutrition & Diabetes

Week 3: Medications & Diabetes

Week 4: Exercise and Reducing Risks

For the Next Available Class and More Information

Please call:

802-388-4723

Be ready to provide the following information:

Name, Phone, Mailing address.

