

Diabetes Self-Management Classes – 2024

Presented by the Center for Diabetes Wellness and Prevention
Barnabas Health Ambulatory Care Center
200 South Orange Avenue, Livingston, NJ 07039

This class is for adults only. A physician's prescription is required.
We participate with insurance plans. Medicare reimbursement is also accepted.
Pre-registration is required by calling [973-322-7007](tel:973-322-7007).

Day classes will be held IN PERSON on Wednesdays (see below for times).

Location: Barnabas Health Ambulatory Care Center, 200 South Orange Avenue, Livingston, NJ

	Diabetes Classes 10 am - 12 pm (unless noted below)	Follow-up Class 10 - 11 am
1 st Series	February 7, 14, 21, 28	March 27
2 nd Series	April 3, 10, 17, 24	May 22
3 rd Series	June 5, 12, 19, 26	July 24
4 th Series	October 2, 9, 16, 23	November 20
5 th Series	December 4, 11, 18 (all classes 9:30 am - 12 pm)	January 15, 2025

Evening classes will be held VIRTUALLY on Wednesdays (see below for times).

Evening classes will be held virtually on Zoom. Registrants will be sent an invite to their email addresses. The invite will start 15 to 30 minutes before the class start time depending upon class size to allow participants to enable technology.

	Diabetes Classes 6 - 8 pm	Follow-up Class 6 - 7 pm
1 st Series	January 10, 17, 24, 31	February 28
2 nd Series	March 6, 13, 20, 27	April 24
3 rd Series	May 1, 8, 15, 22	June 19
4 th Series	September 4, 11, 18, 25	October 23
5 th Series	October 30, November 6, 13, 20	December 18

Please note, in person diabetes education and medical nutrition therapy are offered individually.

For additional diabetes programs and support groups, please visit rwjbh.org/cbmcevents.