

Diabetes Self-Management Classes – 2025

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

	Diabetes Classes 9:30 am – 11:30 am (unless noted below)	Follow-up Class 10 - 11 am
1 st Series	February 5, 12, 19, 26	March 26
2 nd Series	April 2, 9, 16, 23	May 28
3 rd Series	June 4, 11, 18, 25	July 23
4 th Series	October 8, 15, 22, 29	November 19

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

Evening classes will be through EPIC telehealth. You will get reminders through MyChart. Please make sure to sign up at rwjbh.org/MyChart. The start time will be 15 to 30 minutes before the class start time depending upon class size to allow participants to complete check in.

	Diabetes Classes 6 - 8 pm	Follow-up Class 6 - 7 pm
1 st Series	January 8, 15, 22, 29	February 26
2 nd Series	March 5, 12, 19, 26	April 23
3 rd Series	April 30, May 7, 14, 21	June 18
4 th Series	September 3, 10, 17, 24	October 22
5 th Series	November 5, 12, 19, Dec 3	January 7, 2026

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.