

NOW WHAT diabetes class do i take?

A new diabetes diagnosis can lead to a unique journey in life with different concerns. Thankfully, there are classes that will provide you with the tools needed to manage your diabetes successfully.

FACTS FIRST Learn to manage diabetes by taking a diabetes class. To select the best class for you:

Research classes that best suit your needs

Learn about your diabetes type

ACT ON THE FACTS:

RESEARCH CLASSES THAT BEST SUIT YOUR NEEDS. Research classes in your area that provide the education necessary for you to manage your diabetes.

LEARN ABOUT YOUR DIABETES TYPE. Learning about your diabetes type will help you understand what is needed to manage it. This knowledge will go hand-in-hand with the diabetes class you choose to enroll in.

WHAT TO DO? Visit our website to search for diabetes classes in your area. Speak with your provider or asked loved ones to help you in your search.

WHAT TO DO? Visit our Learn tab to learn about your diabetes type and consult with your doctor.



List some places where you can sign up for a diabetes class. Find list of diabetes classes on our website link below:



What do you want to learn in a diabetes class?

YOU'RE NOT ALONE!



For more information on how to manage your diabetes, visit:

EPDIABETES.ORG/NOW-WHAT/