

THRIVING WITH DIABETES

With **BONUS** Cooking Class

5:30-7:00PM in the Teaching Kitchen

(Virtual Options Available)

Session 1:

September 15th, 2026



Session 3:

September 22nd, 2026

Session 2:

September 17th, 2026



Session 4:

September 24th, 2026



Topics Covered Include:

- How Do I Reduce My Risks?
- How do I Manage My Feelings?
- Why do I Take These Medications?
- How Do I Problem Solve?
- How do I Exercise?
- What do My Lab Values Mean?
- What is Diabetes?
- How can I Eat Healthy?



River People Health Center

**Please call
480-362-3355 to
register and save
your seat**