

## **UPCOMING VIRTUAL DIABETES SELF-MANAGEMENT CLASSES**

Do you or someone you care for have diabetes or prediabetes and would benefit from learning self-management strategies?

Take action to control Diabetes - Now Enrolling for Diabetes Self Management Program Classes -- A \$25.00 Refundable Registration Fee

For additional information about the classes, please see the attached flyer

To Register: Contact Robin Nierman to enroll: [rnierman@ymcaspbc.org](mailto:rnierman@ymcaspbc.org) or 561-300-3227