Join Baylor Scott & White diabetes educators, nurses, dietitians, and pharmacists as they discuss how to self-manage diabetes care. During these online support sessions, you will have the opportunity to ask questions about meal planning, medications, and reducing diabetes risks to help you or your loved one better manage your diabetes or pre-diabetes.

- There is no charge!
- Family and friends are welcome!
- Get your questions answered!

**2021 Online Diabetes Support Classes**

Classes use WebEx which you can pull up on your computer or phone

**Dates:** 2nd Saturday of every month
- Jan 9th
- Feb 13th
- Mar 13th
- Apr 10th
- May 8th
- Jun 12th
- Jul 10th
- Aug 14th
- Sep 11th
- Oct 9th
- Nov 13th
- Dec 11th

**Time:** 10:00 – 11:00 AM

Go to the WebEx link below to join 15 minutes before each class.

Baylor Scott & White Health - Online Diabetes Support Class (bswhealth.com)

* Use CHROME (other browsers may result in errors messages)

For audio only dial: 469-210-7159 and enter meeting number 145 426 5850