

PEHP
Health & Benefits

PEHP WELLNESS

**Online
Class**



Diabetes and YOU

Diabetes Management Class

Managing diabetes is a daily commitment, one that requires encouragement, education, and support. The Diabetes and YOU class is dedicated to the self-management of type 1 & type 2 diabetes and offers resources for those striving to create healthy habits. Register for our 4-week educational series and receive the tools you need to improve your health.

Free web-based class taught and developed by a PEHP Registered Dietitian. Course topics include:

- » Diabetes overview
- » Nutrition and diabetes
- » Exercise and everyday tips for staying healthy
- » Diabetes complications

Participants receive class materials that coincide with a weekly webinar, and will receive helpful resources and handouts to support the learning experience.

PEHP Wellness | 801-366-7300 | healthyutah@pehp.org

2022 Schedule

March 7 – April 1

July 11 – Aug. 5

Nov. 14 – Dec. 9

Register here

and receive course material by email.

Includes live and recorded webinars!