

THRIVING WITH DIABETES

5:30-6:30PM in the Teaching Kitchen

(Virtual Options Available)

Session 1:
August 12th, 2025



Session 2:
August 14th, 2025



Session 3:
August 19th, 2025

Session 4:
August 21st, 2025

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**