



DIABETES EDUCATION

Effingham Class Schedule - May 2023 - Sept. 2023

FREE Comprehensive Diabetes Education Classes

*A follow up class will be scheduled after completion of this initial class.

Tuesday - 9 a.m. - 12:30 p.m.

- May 2
- Jul. 11

Tuesday - 12:30 - 4 p.m.

- Jun. 6 - Sept. 5
- Aug. 8

Diabetes Support Group

2nd Monday of the Month 6 - 7 p.m.

No registration necessary. All are welcome!

- May 8 - Aug. 14
- Jun. 12 - Sept. 11
- Jul. 10

Interested in attending?

To register, please call 217-787-8870

or register online at [HSHSMedicalGroup.org/diabetes](https://www.HSHSMedicalGroup.org/diabetes).

Our educators are also available for individualized counseling for diet, medication administration and initiation and troubleshooting of devices (glucose monitors, insulin pumps, CGMs, sensors).

Call for details.



HSMS Medical Group
Diabetes and Endocrinology

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