

Teach Me Diabetes

Diabetes Self-Management Education Program

Join in on a fun, interactive, and educational series of classes covering **seven** important healthy topics!

Healthy Eating



Physical Activity



Monitoring



Taking Medications



Problem Solving



Healthy Coping



Reducing Risks



And we also provide one-on-one education with...

Let's Talk Diabetes!

Meet with a diabetes educator, one-on-one, to discuss ways to improve overall health and well-being at a place and time most convenient for you!

We are currently providing distance learning with GoToMeeting!
Meet with our friendly staff from the convenience and safety of your own home.

If you are interested in these programs, feel free to reach out to us. You can call or email us at:

Phone: (808)-832-8265

Email: teachmediabetes@times-supermarket.com