

# DIABETES EDUCATION CLASSES

## December 2025




## ***"Living Well with Diabetes"***

### Online via ZOOM

Wednesday evening:   
Video Conferencing

Dec. 3<sup>rd</sup> (part 1) 5:00pm to 8:00pm

Dec. 10<sup>th</sup> (part 2) 5:00pm to 8:00pm

Saturday morning:   
Video Conferencing

Dec. 6<sup>th</sup> (part 1) 9:00am to 12:00pm

Dec. 13<sup>th</sup> (part 2) 9:00am to 12:00pm



### In Person (Classroom)



Tuesday morning (HMSA Center Pearl City):

Dec. 9<sup>th</sup> (part 1) 9:30am to 12:30pm

Dec. 16<sup>th</sup> (part 2) 9:30am to 12:30pm



Scan for more  
info!



**inControl**  
DIABETES LEARNING & RESOURCE CENTER



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