

DIABETES EDUCATION CLASSES

January  2026

“Living Well with Diabetes”

Online via ZOOM

Saturday morning: 
Video Conferencing

Jan. 10th (part 1) 9:00am to 12:00pm

Jan. 24th (part 2) 9:00am to 12:00pm

Wednesday evening: 
Video Conferencing

Jan. 21st (part 1) 5:00pm to 8:00pm

Jan. 28th (part 2) 5:00pm to 8:00pm

In Person (Classroom)



Tuesday morning (HMSA Center Honolulu):

Jan. 6th (part 1) 9:00am to 12:00pm

Jan. 13th (part 2) 9:00am to 12:00pm

Saturday morning (HMSA Center Pearl City):

Jan. 24th (part 1) 9:30am to 12:30pm

Jan. 31st (part 2) 9:30am to 12:30pm



Scan for more
info!



inControl
DIABETES LEARNING & RESOURCE CENTER



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