

DIABETES EDUCATION CLASSES

November  2025

“Living Well with Diabetes”

Online via ZOOM

Saturday morning: 
Video Conferencing

Nov. 8th (part 1) 9:00am to 12:00pm

Nov. 22nd (part 2) 9:00am to 12:00pm

Wednesday evening: 
Video Conferencing

Nov. 12th (part 1) 5:00pm to 8:00pm

Nov. 19th (part 2) 5:00pm to 8:00pm



In Person (Classroom)



Tuesday morning (HMSA Center Honolulu):

Nov. 4th (part 1) 9:00am to 12:00pm

Nov. 18th (part 2) 9:00am to 12:00pm



Scan for more
info!



inControl
DIABETES LEARNING & RESOURCE CENTER



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