

Sentara Williamsburg Regional Medical Center
Diabetes and Nutrition Outpatient Center

Classes held at:
400 Sentara Circle, Sentara Williamsburg, VA
23188 (Geddy Outpatient Building)

Coastal Conference Room A

Tel: (757) 984-7106

Fax: (757) 984-7109

2025 Healthy Living with Diabetes Class Schedule

What to bring to class:

- Glucose Log
 - Meal Plan
 - Questions
 - Information to share
 - Support, Significant other.
- (Please do not bring children)

~Physician Referral Required~

MONTH	Class 1 Intro to Diabetes, Meds, & Meters	Class 2: Carb Counting, Exercise, & Stress	Class 3: Heart Healthy Eating & Complications
January	Tuesday, January 7 9:00 am – 11:30 am	Tuesday, January 14 9:00 am – 11:30 am	Tuesday, January 21 9:00 am – 11:30 am
February	Tuesday, February 4 9:00 am – 11:30 am	Tuesday, February 11 th 9:00 am – 11:30 am	Tuesday, February 18 9:00 am – 11:30 am
March	Tuesday, March 4 9:00 am – 11:30 am	Tuesday, March 11 9:00 am – 11:30 am	Tuesday, March 18 9:00 am – 11:30 am
April	Tuesday, April 1 9:00 am – 11:30 am	Tuesday, April 8 9:00 am – 11:30 am	Tuesday, April 15 9:00 am – 11:30 am
May	Tuesday, May 6 9:00 am – 11:30 am	Tuesday, May 13 9:00 am – 11:30 am	Tuesday, May 20 9:00 am – 11:30 am
June	Tuesday, June 3 9:00 am – 11:30 am	Tuesday, June 10 9:00 am – 11:30 am	Tuesday, June 17 9:00 am – 11:30 am
July	Tuesday, July 8 9:00 am – 11:30 am	Tuesday, July 15 9:00 am – 11:30 am	Tuesday, July 22 9:00 am – 11:30 am
August	Tuesday, August 5 9:00 am – 11:30 am	Tuesday, August 12 9:00 am – 11:30 am	Tuesday, August 19 9:00 am – 11:30 am
September	Tuesday, September 9 9:00 am – 11:30 am	Tuesday, September 16 9:00 am – 11:30 am	Tuesday, September 23 9:00 am – 11:30 am
October	Tuesday, October 7 9:00 am – 11:30 am	Tuesday, October 14 9:00 am – 11:30 am	Tuesday, October 21 9:00 am – 11:30 am
November	Tuesday, November 4 9:00 am – 11:30 am	Tuesday, November 11 9:00 am – 11:30 am	Tuesday, November 18 9:00 am – 11:30 am
December	Tuesday, December 2 9:00 am – 11:30 am	Tuesday, December 9 9:00 am – 11:30 am	Tuesday, December 16 9:00 am – 11:30 am