



To Register
 Visit Calvethealth.org
 or call 410-535-5400 Ext. 355

Living Well with Diabetes

2024 class Schedule

VIRTUAL CLASSES

Date	Location	Time
Tuesday, January 16, 2024- February 20, 2024	Virtual	6:00-8:30pm
Tuesday , April 16, 2024- May 21, 2024	Virtual	6:00-8:30pm
Tuesday, August 13, 2024- September 17, 2024	Virtual	6:00-8:30pm
Tuesday, November 12, 2024- December 17, 2024	Virtual	6:00-8:30pm

IN-PERSON CLASSES

Date	Location	Time
Tuesday, February 6, 2024- March 12, 2024	North Beach Senior Center	9:00-11:30 am
Tuesday, April 16, 2024- May 21, 2024	Southern Pines Senior Center	1:00-3:30 pm
Tuesday, June 25, 2024- July 30, 2024	Calvert Pines Senior Center	1:00-3:30 pm
Tuesday, September 3, 2024- October 8, 2024	North Beach Senior Center	9:00-11:30 am
Tuesday, November 12, 2024- December 17, 2024	Southern Pines Senior Center	1:00-3:30 pm