

Living Well with Diabetes

2026 Program Schedule

In-Person Groups

January 20 - February 24, 2026
Tuesday, 9:00-11:30AM
North Beach Senior Center

March 18 - April 22, 2026
Wednesday, 1:00-3:30PM
Southern Pines Senior Center

May 19 - June 23, 2026
Tuesday, 1:00-3:30PM
Calvert Pines Senior Center

July 21 - August 25, 2026
Tuesday, 9:00-11:30AM
North Beach Senior Center

August 26 - September 30, 2026
Wednesdays, 1:00-3:30PM
Southern Pines Senior Center

Virtual Groups

January 13 - February 17, 2026
Tuesday, 6:00-8:30PM
Webex Meeting Room

April 14 - May 19, 2026
Tuesday, 6:00-8:30PM
Webex Meeting Room

August 11 - September 15, 2026
Tuesday, 6:00-8:30PM
Webex Meeting Room

October 13 - November 17, 2026
Tuesday, 6:00-8:30PM
Webex Meeting Room

CLASSES FORMING NOW

WAYS TO REGISTER:

Call 410-535-5400, X 514

Use QR CODE

visit www.calverthealth.org

