

Announcing

VA/DOD Virtual Diabetes Self-Management Training (DSMT) Thursday Classes

American Diabetes Association recognized curriculum

4 two-hour virtual classes via MHS Connect through your computer or smartphone.

Thursdays 2 -4 pm EST

CLASS 1

Orientation & Diabetes Overview

Feb 3
Mar 3
Apr 7

May 5
Jun 2
Jul 7

Aug 4
Sep 1
Oct 6

Nov 3
Dec 1

CLASS 2

Shared Decision Making/ Diabetes & Nutrition

Feb 10
Mar 10
Apr 14

May 12
Jun 9
Jul 14

Aug 11
Sep 8
Oct 13

Nov 10
Dec 8

CLASS 3

Diabetes & Medication
Diabetes & Physical Activity

Feb 17
Mar 17
Apr 21

May 19
Jun 16
Jul 21

Aug 18
Sep 15
Oct 20

Nov 17
Dec 15

CLASS 4

Diabetes & Complications/
Putting it All Together

Feb 24
Mar 24
Apr 28

May 26
Jun 23
Jul 28

Aug 25
Sep 22
Oct 27

Nov 22*
*Tuesday class due to Thanksgiving
Dec 22



Take classes as schedule permits--in any order!
To sign up, talk with your medical home team.
An email confirmation will be sent to you with class details.



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION

More classes to come!