



MedStar Health

# Free online Diabetes 101 class



## Diabetes 101 class will cover topics such as:

- Understanding blood glucose level and A1C
- How to check your glucose levels at home
- Preventing Health problems related to high glucose levels
- Making healthy lifestyle changes
- Diabetes Medications

This class is presented by Carine Nassar, Registered Dietitian and Certified Diabetes Care and Education Specialist with the MedStar Diabetes Institute (MDI). The mission of MDI is to advance diabetes self-management education and clinical care throughout MedStar Health.

**Date:** November 21, 2024

**Time:** 12 to 1 p.m.

All patients, community members, caregivers, and family members, age 18 and older are encouraged to register.

To register, please call **844-363-9100**.

**It's how we treat people.**