
Diabetes Classes and Support Groups

Classes and groups are offered virtually for your convenience. Please call the Braden Diabetes Center at 1-415-925-7370 for details and to register.

Classes

- **Diabetes Self-Management Education**

Month-long program, meets Wednesdays from 1:00 – 2:00 pm

This class provides comprehensive diabetes education for mastering the basic self-care skills for your lifelong journey, including: blood glucose monitoring, medical nutrition therapy, flexibility & coping strategies, reducing the risk of complications, and exercise & lifestyle coaching.

- **Diabetes Prevention Program**

We are piloting a new program starting in April of 2023. Please call us at 1-415-925-7370 or email BDCPrevention@mymarinhealth.org for more information.

Support Groups

- **Type 1 Diabetes Support Group**

Group will resume this Spring. Schedule TBD. Please call us at 1-415-925-7370 for additional information.

This support group is a safe place to share/vent your experience, expand your knowledge and skills, meet others with Type 1 Diabetes and feel a sense of community.

- **Type 2 Diabetes Support Group**

Meets the second Wednesday of each month, from 3:30 – 4:30 pm

This support group provides comfort and assistance for community members with type 2 diabetes, and offers a welcoming environment for participants to find common ground, exchange tips, and encourage each other on their journey through life with Type 2 Diabetes.

If you would like to participate in one of these online Support Groups, please call the Braden Diabetes Center 1-415-925-7370 and give us your email address.