

2020 Healthy Lifestyle Classes

Classes are free, but pre-registration is required
Call (602) 230-CARE (2273) to reserve your seat

Living Well with Diabetes

A class focusing on blood sugar management to optimize health and vitality

Tuesday, Jan. 14 1:30-3:30 p.m.

Banner Del E. Webb Medical Center
Papago A
14502 W Meeker Blvd
Sun City West, AZ

Wednesday, Jan. 29 1:30-3:30 p.m.

Banner Estrella Medical Center
Conference Center Room 2
9201 W Thomas Rd
Phoenix, AZ

Wednesday, Feb. 19 1:30 -3:30 p.m.

Banner Peoria Corporate Office
Boardroom
16155 N. 83rd Ave, Suite 201
Peoria, AZ

Tuesday, Mar. 3 2-4 p.m.

Banner Boswell Medical Center
Juniper Room
10401 W Thunderbird Blvd
Sun City

Wednesday, Mar. 11 1-3 p.m.

Banner Thunderbird Medical Center
Conference Room 3
5555 W Thunderbird Rd
Glendale, AZ

Diabetes Prevention (3-Week Series)

Learn about lifestyle changes to manage prediabetes. Learn self-management strategies, including healthy eating, exercise, and weight management.

Wednesday, Feb. 19

Wednesday, Feb. 26

**Wednesday, Mar. 4
10-11:30 a.m.**

Banner Peoria Corporate Office
Boardroom
16155 N. 83rd Ave, Suite 201
Peoria, AZ

Heart Health

Learn about the risk factors and complications of heart disease, how to follow a heart healthy diet and other prevention strategies, such as exercise and stress management.

Wednesday, Feb. 26 1-2:30 p.m.

Banner Peoria Corporate Office
Boardroom
16155 N. 83rd Ave, Suite 201
Peoria, AZ

Wednesday, Mar. 11 10-11:30 a.m.

Banner Thunderbird Medical Center
Conference Room 3
5555 W Thunderbird Rd
Glendale, AZ