

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.

Thursday, Jan. 16 1-3:00 p.m.

Banner Corporate Center Mesa
Conference Room 1614
525 W Brown Rd
Mesa, AZ

Thursday, Jan. 30 10 a.m.-Noon

Banner Gateway Medical Center
Grand Canyon Room 1
1900 N Higley Rd
Gilbert, AZ

Wednesday, Feb. 12 1-3:00 p.m.

Banner Ironwood Medical Center
Conference Room A
37000 N Gantzel Rd
Queen Creek, AZ

Wednesday, Feb. 19 1-3:00 p.m.

Banner Goldfield Medical Center
Large Conference Room
2050 W Southern Ave
Apache Junction, AZ

Thursday, Mar. 19 10 a.m.-Noon

Banner Gateway Medical Center
Grand Canyon Room 1
1900 N Higley Rd
Gilbert, AZ

Diabetes Prevention (3-Week Series)

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

Thursday, Feb. 13

Thursday, Feb. 20

Thursday, Feb. 27

10-11:30 a.m.

Banner Corporate Center Mesa
Conference Room 1507
525 W Brown Rd,
Mesa, 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.

Thursday, Feb. 6 2-3:30 p.m.

Banner Ironwood Medical Center
Conference Room A
37000 N Gantzel Rd
Queen Creek, AZ

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

Banner Corporate Center Mesa
Conference Room 1614
525 W Brown Rd
Mesa, AZ