

Managing Diabetes Class

Please join us on the first Tuesday of each month in The Fox Den from 10-11:30 a.m. This class is for those who have been diagnosed (newly diagnosed or living with diabetes for years) or are supporting someone with Diabetes.

⇒ **March 3, 2026**

⇒ **April 7, 2026**

⇒ **May 5, 2026**

⇒ **June 2, 2026**

- Education
- Helpful Tips
- Self-Management
- Peer to Peer Support

FOX ARMY HEALTH CENTER

Where: The Burrow
When: First Tuesday
Time: 10-11:30 a.m.

4100 Goss Road
Redstone Arsenal, AL 35809

RSVP:
Heather Hough
256-955-8888
EXT: 1294