

# Let's Talk About Diabetes Series!

## 2025 Class Schedule: English

The "Let's Talk" series is a free benefit for Banner Medicare Advantage members with a diagnosis of diabetes. These virtual sessions are led by our Dial Into Diabetes team. All sessions are available in English and Spanish.

Registration is required to reserve your spot and to obtain the computer link or telephone number to join. The instructions on how to join will be sent a few days prior to each session.

Each session will be on a separate topic. You can attend these sessions in any order, but we do recommend that you register for the entire series.

To register for one or more of these "Let's Talk" sessions, or to enroll in the Dial Into Diabetes program and receive individualized diabetes self-management from a team of diabetes educators, please call 480-684-5090, 8 a.m. to 4:30 p.m., Monday through Friday.

## English Classes

Date	Time	Class	Location
2/18/2025 4/1/2025 5/20/2025 7/1/2025 8/19/2025 9/30/2025	10 a.m. to 11 a.m.	<b>Let's Talk About Diabetes and Staying Healthy</b>  Would you like to learn how to control your diabetes instead of letting it control you? If so, please join us for this talk! Attending will help you understand what diabetes is, and what you can do to stay healthy by following proven guidelines.	Virtual
2/25/2025 4/15/2025 5/27/2025 7/15/2025 8/26/2025 10/7/2025	10 a.m. to 11 a.m.	<b>Let's Talk About Diabetes and Blood Glucose Monitoring</b>  Monitoring is for YOU. Blood glucose changes from moment to moment. Glucose targets are different for fasting and after meals. Monitoring provides instant information about what is happening in your body. Join us as we talk about finger sticks and continuous glucose monitors. Knowledge is power.	Virtual
3/4/2025 4/22/2025 6/3/2025 7/22/2025 9/2/2025 10/21/2025	10 a.m. to 11 a.m.	<b>Let's Talk About Diabetes and Nutrition</b>  This talk will discuss how food impacts your diabetes. Learn how you can still eat your favorite foods, while managing your diabetes. We will help you find the balance that works for you.	Virtual

Date	Time	Class	Location
3/18/2025 4/29/2025 6/17/2025 7/29/2025 9/16/2025 10/28/2025	10 a.m. to 11 a.m.	<p><b>Let's Talk About Diabetes: Exercise <i>IS</i> Medicine</b></p> <p>Did you know that walking 30 minutes a day can help lower your blood glucose? In this interactive presentation we will talk about the different types of physical activity, the benefits, how to make exercise enjoyable, and how to do different activities without expensive gym equipment.</p>	Virtual
3/25/2025 5/6/2025 6/24/2025 8/5/2025 9/23/2025 11/4/2025	10 a.m. to 11 a.m.	<p><b>Let's Talk about Diabetes, Losing Weight and Living Well</b></p> <p>Be the boss of your weight loss. Let us show you how! Let's talk about diabetes, losing weight and living well!</p>	Virtual
4/3/2025 5/22/2025 6/5/2025 7/17/2025 8/7/2025 9/25/2025 10/2/2025	10 a.m. to 10:45 a.m.	<p><b>Continuous Glucose Monitors:</b>  <a href="#">Dexcom</a>, Beyond the Basics</p> <p>The Dexcom Continuous Glucose Monitor provides details of blood glucose readings all throughout the day and night. This discussion is for those who currently use a Dexcom and goes beyond the basic information provided in the Let's Talk About Blood Sugar Monitoring. It is recommended to attend the Let's Talk about Diabetes and Monitoring prior to this talk.</p>	Virtual

For accommodations for persons with special needs at meetings, please call our Customer Care Center. We are open from 8 a.m. to 8 p.m., seven days a week.

Banner Medicare Advantage Dual HMO D-SNP: 877-874-3930, TTY 711

Banner Medicare Advantage Prime HMO: 844-549-1857, TTY 711

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