

2020 Class Schedule (dates may be subject to change)

January/February Class Series

Class 1	Jan 8	10 a.m. – 12 p.m.
Class 2	Jan 15	10 a.m. – 12 p.m.
Dietitian Visits	Jan 22	10 a.m. – 12 p.m.
Class 3	Jan 29	10 a.m. – 12 p.m.
Class 4	Feb 12	10 a.m. – 12 p.m.
Follow-Up	May 19	10 – 11 a.m.

June/July Class Series

Class 1	Jun 24	10 a.m. – 12 p.m.
Class 2	Jul 1	10 a.m. – 12 p.m.
Dietitian Visits	Jul 8	10 a.m. – 12 p.m.
Class 3	Jul 15	10 a.m. – 12 p.m.
Class 4	Jul 22	10 a.m. – 12 p.m.
Follow-Up	Oct 20	10 – 11 a.m.

February/March Class Series

Class 1	Feb 19	6:15 – 8:15 p.m.
Class 2	Feb 26	6:15 – 8:15 p.m.
Dietitian Visits	Mar 4	regular business hours
Class 3	Mar 11	6:15 – 8:15 p.m.
Class 4	Mar 18	6:15 – 8:15 p.m.
Follow-Up	Jun 23	6:15 – 7:15 p.m.

September Class Series

Class 1	Sep 2	6:15 – 8:15 p.m.
Class 2	Sep 9	6:15 – 8:15 p.m.
Dietitian Visits	Sep 16	regular business hours
Class 3	Sep 23	6:15 – 8:15 p.m.
Class 4	Sep 30	6:15 – 8:15 p.m.
Follow-Up	Dec 1	6:15 – 7:15 p.m.

April Class Series

Class 1	Apr 1	10 a.m. – 12 p.m.
Class 2	Apr 8	10 a.m. – 12 p.m.
Dietitian Visits	Apr 15	10 a.m. – 12 p.m.
Class 3	Apr 22	10 a.m. – 12 p.m.
Class 4	Apr 29	10 a.m. – 12 p.m.
Follow-Up	Jul 28	10 – 11 a.m.

October/November Class Series

Class 1	Oct 14	10 a.m. – 12 p.m.
Class 2	Oct 21	10 a.m. – 12 p.m.
Dietitian Visits	Oct 28	10 a.m. – 12 p.m.
Class 3	Nov 4	10 a.m. – 12 p.m.
Class 4	Nov 11	10 a.m. – 12 p.m.
Follow-Up	Feb 9, 2021	10 – 11 a.m.

May/June Class Series

Class 1	May 13	6:15 – 8:15 p.m.
Class 2	May 20	6:15 – 8:15 p.m.
Dietitian Visits	May 27	regular business hours
Class 3	Jun 3	6:15 – 8:15 p.m.
Class 4	Jun 10	6:15 – 8:15 p.m.
Follow-Up	Sep 8	6:15 – 7:15 p.m.

November/December Class Series

Class 1	Nov 18	6:15 – 8:15 p.m.
Class 2	Nov 24	6:15 – 8:15 p.m.
Dietitian Visits	Dec 2	regular business hours
Class 3	Dec 9	6:15 – 8:15 p.m.
Class 4	Dec 16	6:15 – 8:15 p.m.
Follow-Up	Mar 2, 2021	6:15 – 7:15 p.m.

All participants must complete a diabetes questionnaire and an assessment **prior to Class 1**.
Please call **202-527-7500** with any questions.