



15 Essex Road, Suite 301
 Paramus NJ 07652
 201-291-6000

DIABETES SELF-MANAGEMENT CLASSES

**All classes are held at the Dorothy B. Kraft Center
 located at 15 Essex Road, Paramus, NJ 07652**

2020

Session 1	Wednesday, February 5	7-9 PM	Kraft 1 st Floor, Conference Room 1
Session 2	Wednesday, February 12	7-9 PM	Kraft 1 st Floor, Conference Room 1
Session 3	Wednesday, February 19	7-9 PM	Kraft 1 st Floor, Conference Room 1
Session 4	Wednesday, February 26	7-9 PM	Kraft 1 st Floor, Conference Room 1

Session 1	Wednesday, May 13	7-9 PM	Kraft 1 st Floor, Conference Room 1
Session 2	Wednesday, May 20	7-9 PM	Kraft 1 st Floor, Conference Room 1
Session 3	Wednesday, May 27	7-9 PM	Kraft 1 st Floor, Conference Room 1
Session 4	Wednesday, June 3	7-9 PM	Kraft 1 st Floor, Conference Room 1

Session 1	Wednesday, September 16	7-9 PM	Kraft 1 st Floor, Conference Room 1
Session 2	Wednesday, September 23	7-9 PM	Kraft 1 st Floor, Conference Room 1
Session 3	Wednesday, September 30	7-9 PM	Kraft 1 st Floor, Conference Room 1
Session 4	Wednesday, October 7	7-9 PM	Kraft 1 st Floor, Conference Room 1

Session 1	Wednesday, November 18	10 AM-12 PM	Kraft 1 st Floor, Conference Room 1
Session 2	Wednesday, December 2	10 AM-12 PM	Kraft 1 st Floor, Conference Room 1
Session 3	Wednesday, December 9	10 AM-12 PM	Kraft 1 st Floor, Conference Room 1
Session 4	Wednesday, December 16	10 AM-12 PM	Kraft 1 st Floor, Conference Room 1

Due to limited space, early registration is recommended.

Valley Home Care is a participating provider with **Medicare** and has insurance contracts with

- **Aetna**
- **Horizon Blue Cross**
- **Oxford**
- **United Health Care**
- **Valley Health System employee’s insurance**

NOTE: In some cases, preauthorization and co-pays are required. Depending on your insurance carrier and based on your benefit and policy limitations, you may be billed for any or all non-covered services or balances.