

InStep with Diabetes Course Starts October 15

InStep with Diabetes is a series of three, one-hour classes that will help you better understand diabetes and the lifestyle changes needed to support healthy living. A Kaiser Permanente health educator will discuss not only why healthy eating, physical activity, and blood sugar control are important for diabetes management, but also ways to incorporate these changes into your life. The facilitator will also share resources and travel tips to further support you.

You do not have to be diabetic or pre-diabetic (or a Kaiser Permanente member) to attend this course. You can attend to support a friend or family member by learning helpful information. Our next class starts on October 15, 2025. For more information, review this [flyer](#) and [email Well Aware](#).

Be sure to check out upcoming wellness programs, classes, and resources on the [MCPS Employee Well Aware News web page](#) and in the [Well Aware Wellness Toolbox](#).