

## Make A New Year's Resolution To Sign Up For A Diabetes Education Class

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Whether you are newly diagnosed or simply in need of more information to manage your diabetes, the UCSF Diabetes Teaching Center (DTC) can help. As one of the country's oldest diabetes education programs, the DTC offers classes for individuals with type 1 and type 2 diabetes. Diabetes management is a lifestyle, and while we understand it is not a lifestyle that you would have chosen, it is one that you can master to stay healthy.

For more information: [\[CLASSES\]](#) <sup>[1]</sup>

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**Source URL:** <http://diabetes.ucsf.edu/news/make-new-year%E2%80%99s-resolution-sign-diabetes-education-class>

**Links:**

[1] <http://dtc.ucsf.edu/workshops-and-classes/>