



# Wellness Classes

Classes that impact your  
health and wellness.

## Classes include:

Diabetes Education classes including:

- a. Diabetes Basics
- b. Healthy Eating
- c. Diabetes Prevention
- d. Diabetes Complications

Heart Failure (HF)

Chronic Obstructive Pulmonary  
Disease (COPD)

Healthy Heart

General Health and Wellness

## For registration and class information call:

Laura Garcia (210) 561-6506

Jane Crane (210) 877-7844

Toll Free 1-855-838-5050

Email:

[patienteducation@wellmed.net](mailto:patienteducation@wellmed.net)

Classes brought to you by  
Clinical Programs Patient Education  
Department at NO cost.

**Seating is limited  
so class registration is required.**

EDUCATION | SUPPORT  
Classes taught weekly

