

ROCKFORD CLASS SCHEDULE

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Multidisciplinary MOVE! CLASS				1P-3P(Taught by varying Services)	
MOVE! Overview Class	10:15A-11:15A (4 th Monday of the Month)	1P-2P (2 nd Tuesday of the Month)			
Lipid Class (Heart Healthy Education)	10:15A-11:15A (*Second Monday of the Month)				
Diabetic Lifestyle Class (Multidisciplinary)					1-3pm (1 st , 2 nd , and 3 rd Friday)
Diabetes Class	10:15A-11:15A (*Second Monday of the Month)				
MOVE! F/U Class	10:15A-11:15A (Third Monday of the Month)				
Multidisciplinary Diabetes Class			10:15A-11A (Nutrition Section Only; Second Wednesday of the Month)		
Multidisciplinary Pre-Diabetes Class	10:15A-11A (Nutrition Section Only; First Monday of the Month)				

***Either** Lipid or Diabetes Class is offered depending on demand.