

FOR IMMEDIATE RELEASE

February 2, 2026

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Free 7-Week Diabetes Self-Management Class Is Coming To The Mini-Cassia Area

SOUTH CENTRAL IDAHO – South Central Public Health District (SCPHD) is holding a new series of diabetes self-management classes this February and March at the SCPHD Heyburn office in conjunction with the Idaho Foodbank. These classes are a combination of the SCPHD’s Live in Control diabetes self-management program and Idaho Foodbank’s Cooking Matters program, taking highlights from both. This free, 7-week program is designed to educate, equip, and empower individuals with type 2 diabetes or pre-diabetes to better manage their conditions and provide an interactive experience that includes hands-on food preparation, label reading, and meal planning to provide the essential tools to eating healthy on a budget.

The program encourages participants to bring a family member or friend to attend the classes with them as a “Care Supporter.” This is intended to promote a supportive environment both in class and at home. Each session is in-person and lasts one and a half hours, with the first session reserved for wellness screenings and registration. The wellness screening includes weight, blood pressure, A1C, and blood glucose checks, plus a lipid panel.

“We are so excited to be able to partner with Cooking Matters from the Idaho Foodbank for two of the sessions!” said Adria Masoner, SCPHD Health Education Specialist, Sr. and class facilitator. “During these sessions, participants will have the opportunity to practice preparing diabetic friendly foods. This Live in Control class will provide information to help people learn to manage their diabetes effectively through diet and movement.”

Don't miss out on this opportunity to take control of your health and improve your quality of life. Space is limited, and registration will close once the class is full or by Wednesday, February 11 at 5:00 p.m.

Program Details:

Wednesday, February 11 | 5:30 p.m. – 7:30 p.m. (Class Registration and Wellness Screening)

Wednesdays, February 18 – March 25th | 5:30 – 7:30 p.m. (Regular Class Time)



Program Location:

South Central Public Health District | Heyburn Office

485 Roger Avenue (485 22nd Street)

Heyburn, ID 83336

To register or for more information, please contact Adria Masoner at 208-654-7403 or amasoner@phd5.id.gov
or visit the registration page here: bit.ly/46gHT0y

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