

For Immediate Release
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Health Department's Chronic Disease Department Hosts ABCs of Diabetes Classes

In-person classes offered in November, online classes offered in December

INDIANAPOLIS – The Marion County Public Health Department's Chronic Disease Department is wrapping up its 2026 free monthly ABCs of Diabetes classes with in-person class series in November, and an online class series in December.

The November class series will take place from 1:30 p.m. to 3:30 p.m. on Nov. 5, 12 and 19 at the East 38th Street Branch of the Indianapolis Public Library, located at 5420 E. 38th Street. The December class series will take place from 5:30 to 7:30 p.m. on Dec. 2, 9 and 16.

“Supporting people to live their healthiest lives and avoid complications that diminish quality of life is a core goal of our Chronic Disease programming,” said Sandy Cummings, Chronic Disease Administrator at MCPHD.

Stacie Hurre, a Diabetes Health Educator with MCPHD's Chronic Disease Department, said that the classes have changed over the years, but that the monthly class series all cover the same topics – nurses, pharmacists, dietitians and social workers go over what diabetes is, medications used to manage it, the role of nutrition, how to monitor blood sugar, and how to prevent complications from the disease.

“We have participants who have diabetes or prediabetes, and sometimes their spouses or other family members,” said Hurre. “Some are newly diagnosed, and some who have taken the class before, but like the support or want to learn about new studies or new medications.”

If left untreated and unmanaged, diabetes can lead to serious health problems, such as blindness, kidney disease and even amputations. Instructors talk about the importance of regular eye exams, kidney screenings and vaccinations.

Social workers are an important part of the team, because people with diabetes are more likely to develop depression than the general public. “It’s very difficult to manage a chronic disease if a person’s depression goes untreated,” Hurrle said.

MCPHD’s class is accredited by the Association of Diabetes Care and Education Specialists, and follows the *National Standards for Diabetes Self-Management Education and Support*, ensuring evidence-based, high-quality patient education.

“It is important for participants to know that lowering their A1C by just one percentage point can reduce their risk of long-term complications,” Hurrle said. “We can give participants the knowledge and support to make the changes that can improve their health.”

To learn more about the classes, please call (317) 221-2094 or visit marionhealth.org/diabetes. This program is free, but space is limited, so pre-registration is required to attend.

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