

Everyone with Diabetes Counts (EDC) is a national initiative of the Centers for Medicare & Medicaid Services (CMS). Quality Insights coordinates the EDC program in West Virginia. The program offers free classes that teach participants about healthy eating, action planning, problem solving, self-monitoring, positive thinking, dealing with stress, foot care, medications, exercise and more.



Upcoming EDC Classes in Kanawha County

- 1. Chesapeake Center, 12404 MacCorkle Avenue, Chesapeake, WV**
Class Dates: Fridays, March 16, 23, 30, April 6 and 13
Time: 10:00 - 12:00 p.m.
Direct Link: [http://www.qualityinsights-qin.org/Events/Diabetes-Classes/WV/Diabetes-Class-\(124\).aspx](http://www.qualityinsights-qin.org/Events/Diabetes-Classes/WV/Diabetes-Class-(124).aspx)
*Register by contacting Susie Sims at (304) 346-9864 ext. 3221.
- 2. Elk River Center, 1078 Main Street, Elkview, WV**
Class Dates: Wednesdays, March 14, 21, 28, April 4 and 11
Time: 10:00 - 12:00 p.m.
Direct Link: [http://www.qualityinsights-qin.org/Events/Diabetes-Classes/WV/Diabetes-Class-\(125\).aspx](http://www.qualityinsights-qin.org/Events/Diabetes-Classes/WV/Diabetes-Class-(125).aspx)
*Register by contacting Susie Sims at (304) 346-9864 ext. 3221.
- 3. Hansford Center, 500 Washington Street, St. Albans, WV 25177**
Class Dates: Tuesdays, March 13, 20, 27, April 3 and 10
Time: 10:00 a.m. to 12:00 p.m.
Direct Link: [http://www.qualityinsights-qin.org/Events/Diabetes-Classes/WV/Everyone-with-Diabetes-Counts-\(EDC\)-Class-\(3\).aspx](http://www.qualityinsights-qin.org/Events/Diabetes-Classes/WV/Everyone-with-Diabetes-Counts-(EDC)-Class-(3).aspx)
*Register by contacting Susie Sims at 304-346-9864, Extension 3221.
- 4. Nitro Community Center, 21st Street and 2nd Street, Nitro, WV**
Class Dates: Mondays, March 12, 19, 26, April 2 and 9
Time: 10:00 a.m. to 12:00 p.m.
Direct Link: [http://www.qualityinsights-qin.org/Events/Diabetes-Classes/WV/Everyone-with-Diabetes-Counts-\(EDC\)-Class-\(1\).aspx](http://www.qualityinsights-qin.org/Events/Diabetes-Classes/WV/Everyone-with-Diabetes-Counts-(EDC)-Class-(1).aspx)
*Register by contacting Susie Sims at 304-346-9864, Extension 3221.
- 5. Tiskelwah Community Center, 600 Florida Street, Charleston, WV 25302**
Class Dates: Monday, Wednesday and Fridays, April 16, 18, 20, 23, and 25
Class Times: 10:00 a.m. to 12:00 p.m.
Direct Link: [http://www.qualityinsights-qin.org/Events/Diabetes-Classes/WV/Barbour-County-Health-Department-\(Tuesdays,-Ma-\(2\).aspx](http://www.qualityinsights-qin.org/Events/Diabetes-Classes/WV/Barbour-County-Health-Department-(Tuesdays,-Ma-(2).aspx)
*Register by contacting Susie Sims at (304) 346-9864, Ext. 3221.