

Classes offered in Punjabi

[BCBH® Chronic Disease](#)

Session Date	Day	Time	Class Type
July 8, 15, 22, 29 August 5 & 12, 2022	Fri	10:00AM - 12:30PM	Zoom, Punjabi

[Heart Healthy Eating - Punjabi](#)

Session Date	Day	Time	Class Type
July 28, 2022	Thu	9:30 - 11:30AM	Phone
September 22, 2022	Thu	1:30 - 3:30PM	Phone

[Tips for Eating: Prediabetes & Diabetes - Punjabi](#)

Session Date	Day	Time	Class Type
June 23, 2022	Thu	9:00 - 11:00AM	Phone
July 28, 2022	Thu	1:30 - 3:30PM	Phone
September 22, 2022	Thu	9:00 - 11:00AM	Phone