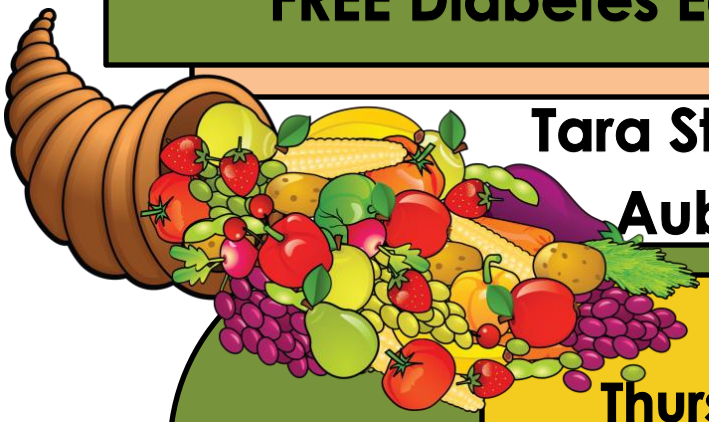
# November
# FREE Diabetes Education Classes



**Tara Stevenson, RN, BSN, CDE**
**Aubrey Monical, RD, LD**

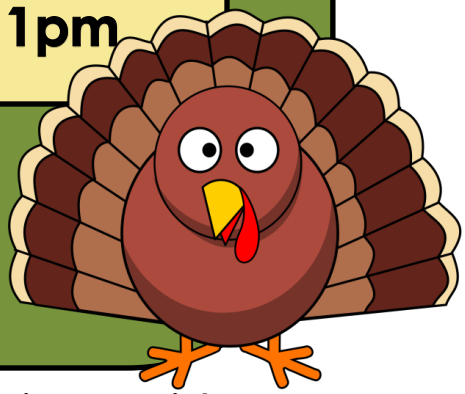
## Diabetes 101
**Thursday 11-2-2017 at 1pm**

## Nutrition and Healthy Eating
**Tuesday 11-7-2017 at 1pm**

## Activity and Medication Options
**Tuesday 11-14-2017 at 1pm**

## Risk Reduction and Prevention
**Thursday 11-16-2017 at 1pm**

## Problem Solving and Coping
**Tuesday 11-21-2017 1pm**



**Choose the class that's right for you!**

**Classes are FREE for all patients with diabetes, family members also welcome.**

NORTHWEST HEALTH SERVICES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