August 2018 FREE Diabetes Learning Sessions

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

Newly Diagnosed or at Risk 8-7-2018 at 1pm

Basic Nutrition 8-16-2018 at 1pm

Activity and Medications 8-23-2018 at 1pm

Reduce the Risks 8-28-2018 at 1pm

> Diabetes and Stress 8-30-2018 at 1pm

Choose the class that's right for you!

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



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