February FREE Diabetes Education Classes

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

Pre-Diabetes and Diabetes 2-6-2018 1pm

Nutrition & Carbohydrates 2-13-2018 1pm BEMINE

PAL

Medication Options & Activity 2-15-2018 1pm

Reduce the Risks 2-20-2018 1pm

XOXO

Stress Relief and Coping Skills 2-22-2018 1pm

Choose the class that's right for you!

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



Family Medicine Associates 2303 Village Drive St. Joseph MO, 64506 RN, CDE Phone: 816-901-1013

RD Phone: 816-901-1036