January FREE Diabetes Education Classes

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

> What is Diabetes? 1-9-2017 1pm

New Year's Nutrition 1-11-2017 1pm

> Active and On Track 1-16-2017 1pm

Preventing Complications 1-25-2017 1pm

> Avoid the Winter Blues 1-30-2017 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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