## July 2018 FREE Diabetes Education Classes

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

Newly Diagnosed or at Risk 7-3-2018 at 1pm

Intro to Carb Counting 7-10-2018 at 1pm

## Activity and Medications 7-17-2018 at 1pm

Reduce the Risks 7-19-2018 at 1pm

## Diabetes and Stress 7-24-2018 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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