October FREE Diabetes Learning Sessions

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

Understanding Diabetes 10-2-18 at 1pm

Nutrition and Healthy Eating 10-11-18 at 1pm

Activity and Medication Options 10-16-18 at 1pm

Risk Reduction and Prevention 10-25-18 at 1pm

> Problem Solving and Coping 10-30-18 at 1pm

Choose the class that's right for you!

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



Family Medicine Associates

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