## September 2018

## **FREE Diabetes Learning Sessions**

## Tara Stevenson, RN, BSN, CDE

Aubrey Monical, RD, LD

Diabetes 101 9-6-2018 1pm

Nutrition and Healthy Eating 9-11-2018 1pm

> Activity and Medication Options 9-13-2018 1pm

Risk Reduction and Prevention 9-20-2018 1pm

> Problem Solving and Coping 9-27-2018 1pm

Choose the class that's right for you!

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

Call to sign up!



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