

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

Medication Options & Activity
2-15-2018 1pm

Reduce the Risks
2-20-2018 1pm

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.

