

**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.