

# August 2018

## Free Nutrition and Diabetes Learning Sessions

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Weight Loss Wednesday 9:00am	2	3	4
5	6	7 Diabetes 101 1:00pm	8	9	10	11
12	13	14	15 Heart Healthy Nutrition 9:00am	16 Diabetes Nutrition 1:00pm	17	18
19	20	21	22	23 Activity and Meds for Diabetes 1:00pm	24	25
26	27	28 Risk Reduction for Diabetes 1:00pm	29	30 Problem Solving and Coping 1:00pm	31	

**All group classes are free. – No referral is needed. – Please Call to Sign-Up: 816-901-1036**