

# July 2018

## Free Nutrition and Diabetes Learning Sessions

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Diabetes and Pre-Diabetes 1:00pm	4 <b>All Clinics Closed!</b> <b>Happy 4<sup>th</sup>!</b>	5	6	7
8	9	10 Intro to Carb Counting 1:00pm	11 Weight Loss Wednesday 10:00am	12	13	14
15	16	17 Activity and Meds for Diabetes 1:00pm	18 Heart Healthy Nutrition 9:00am	19 Risk Reduction for Diabetes 1:00pm	20	21
22	23	24 Problem Solving for Diabetes 1:00pm	25	26	27	28
29	30	31				

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