

September 2018

Free Nutrition and Diabetes Learning Sessions

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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2	3	4	5 Weight Loss Wednesday 9:00am	6 Diabetes 101 1:00pm	7	8
9	10	11 Nutrition for Diabetes 1:00pm	12	13 Activity and Meds for Diabetes 1:00pm	14	15
16	17	18	19 Heart Healthy Nutrition 9:00am	20 Risk Reduction for Diabetes 1:00pm	21	22
23	24	25	26	27 Stress and Coping for Diabetes 1:00pm	28	29
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All group classes are free. – No referral is needed. – Please Call to Sign-Up: 816-901-1036