

September 2018
FREE Diabetes Learning Sessions

Tara Stevenson, RN, BSN, CDE
Aubrey Monical, RD, LD

Diabetes 101
9-6-2018 1pm

Nutrition and Healthy Eating
9-11-2018 1pm

Activity and Medication Options
9-13-2018 1pm

Risk Reduction and Prevention
9-20-2018 1pm

Problem Solving and Coping
9-27-2018 1pm

Choose the class that's right for you!

Classes are FREE for all patients with diabetes,
family members also welcome.

Call to sign up!