

# October 2018

## Free Nutrition and Diabetes Learning Sessions

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

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