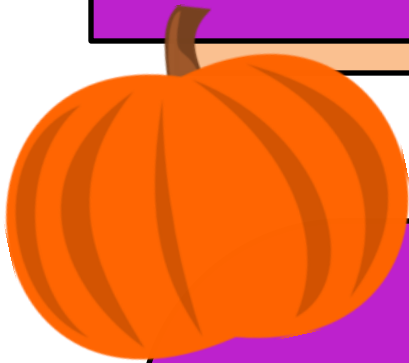


**October**  
**FREE Diabetes Learning Sessions**



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

**Understanding Diabetes**  
**10-2-18 at 1pm**

**Nutrition and Healthy Eating**  
**10-11-18 at 1pm**

**Activity and Medication Options**  
**10-16-18 at 1pm**

**Risk Reduction and Prevention**  
**10-25-18 at 1pm**

**Problem Solving and Coping**  
**10-30-18 at 1pm**

**Choose the class that's right for you!**

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

