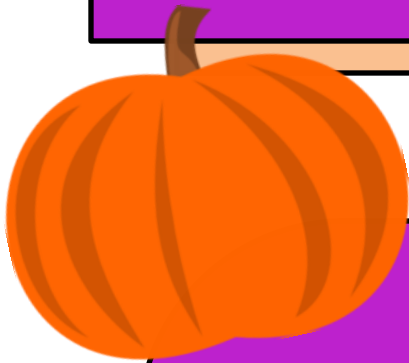


October
FREE Diabetes Learning Sessions



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

Understanding Diabetes
Tuesday 10-2-18 at 1pm

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

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

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

Problem Solving and Coping
Thursday 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.

