

December
FREE Diabetes Education Classes

Tara Stevenson, RN, BSN, CDE



What Causes Diabetes?

12-4-2017 1pm

Healthy Holiday Eating

12-6-2018 1pm

Keeping Active and on Track this Winter

12-11-2017 10 am

How To Stay Safe With Diabetes

12-13-2017 1pm

Cope With Holiday Season Stress

12-18-17 2017 1pm

Choose the class that's right for you!

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

