

# December 2018

## Free Nutrition and Diabetes Learning Sessions

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 Diabetes 101 1:00pm	5	6 Eating Well for Diabetes 1:00pm	7	8
9	10	11 Activity and Medication 1:00pm	12	13 Reduce Your Risk 1:00pm	14	15
16	17	18 Coping with Diabetes 1:00pm	19	20	21	22
23	24	25 Merry Christmas! All Clinics Closed!	26	27	28	29
30	31					

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