

November 2018

Free Nutrition and Diabetes Learning Sessions

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

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