



# Diabetes Program

*Control your Diabetes*

## *Free Upcoming Classes in 2018!*

<b>January 23rd and 25th</b>	<b>1:00-5:00PM</b>
<b>March 27th and 29th</b>	<b>1:00-5:00PM</b>
<b>May 22nd and 24</b>	<b>1:00-5:00PM</b>
<b>July 24th and 26th</b>	<b>1:00-5:00PM</b>
<b>September 25th and 27th</b>	<b>1:00-5:00PM</b>
<b>November 27th and 29th</b>	<b>1:00-5:00PM</b>

*Madison County Health Department, 216 Boggs Lane, Richmond Office*

*\*a light snack will be provided*

*You can take care of your diabetes.*

*Community Diabetes Education can help.*

Healthy Eating

Being Active

Monitoring Blood Sugar

Taking Medicine

Our nurse and dietician will help you make a plan for improving your health and feeling better.

*Even small changes can reduce your risk for problems from diabetes.*



Our Diabetes Classes are free.  
Community Diabetes Education  
Call today to sign up.  
859-228-2044

Transportation available from Foothills Express. Cost is \$1 per stop.

Margaret Maupin-Story, RD, CDE  
Linda Brooks, RD, CDE



*Small Changes for a Better Life*

