

Diabetes

Education and Support Group 2011

Location: Medical Clinic of Enfield

Time: 12:00 noon – 1:00 p.m.

- Jan 27 Monitoring Your Blood Glucose (Part I)
- Feb 24 Monitoring Your Blood Glucose (Part II)
- Mar 24 Carbohydrate Counting
- Apr 28 Diabetes Bingo
- May 26 Foot & Skin Care
- Jun 23 Cooking Demonstration
- Jul 28 Traveling with Diabetes
- Aug 25 Chair Exercises
- Sept 22 Continuing Your Journey with Diabetes (Part I)
- Oct 27 Continuing Your Journey with Diabetes (Part II)
- Nov 3 Holiday Recipes

ALL CLASSES ARE **FREE** OF CHARGE AND OPEN TO THE PUBLIC.

For more information contact: Halifax County Health Department 583-5021
Ext....296 for Deborah Jordan
Ext....270 for E.B. Odom