

Diabetes

Education and Support Group 2011

Location: Halifax Health Link

Time: 10:00 a.m. – 11:30 a.m.

- Jan 18 Monitoring Your Blood Glucose (Part I)
- Feb 15 Monitoring Your Blood Glucose (Part II)
- Mar 15 Carbohydrate Counting
- Apr 19 Diabetes Bingo
- May 17 Foot & Skin Care
- Jun 21 Cooking Demonstration
- Jul 19 Traveling with Diabetes
- Aug 16 Chair Exercises
- Sept 20 Continuing Your Journey with Diabetes (Part I)
- Oct 18 Continuing Your Journey with Diabetes (Part II)
- Nov 15 Holiday Recipes

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

For more information contact
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Rural Health Group at Roanoke Rapids (252-536-5000)