

Diabetes

Education and Support Group 2011

Location and times:

J.W. Faison Center for AM session 9:00 a.m. – 10:00 a.m.

(Jordan Center for PM session 3:00 p.m. – 4:30 p.m.)

- Jan 12 Monitoring Your Blood Glucose (Part I)
- Feb 9 Monitoring Your Blood Glucose (Part II)
- Mar 9 Carbohydrate Counting
- Apr 13 Diabetes Bingo
- May 11 Foot & Skin Care
- Jun 8 Cooking Demonstration
- Jul 13 Traveling with Diabetes
- Aug 10 Chair Exercises
- Sept 14 Continuing Your Journey with Diabetes (Part I)
- Oct 12 Continuing Your Journey with Diabetes (Part II)
- Nov 9 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 Jackson at 252-534-1661

Rural Health Group at Seaboard at 252-589-1036