

Diabetes

Education and Support Group 2011

Location: Littleton Senior Center

Time: 11:00 a.m. – 12:00 noon

- Jan 4 Monitoring Your Blood Glucose (Part I)
- Feb 1 Monitoring Your Blood Glucose (Part II)
- Mar 1 Carbohydrate Counting
- Apr 5 Diabetes Bingo
- May 3 Foot & Skin Care
- Jun 7 Cooking Demonstration
- Jul 5 Traveling with Diabetes
- Aug 2 Chair Exercises
- Sept 6 Continuing Your Journey with Diabetes (Part I)
- Oct 4 Continuing Your Journey with Diabetes (Part II)
- Nov 1 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