

Diabetes
Education and Support Group 2011
Location: Rural Health Group at Scotland Neck
Time: 12:00 noon – 1:00 p.m.

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