



1501 Breckenridge Street • P.O. Box 309
Owensboro, KY 42302-0309



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Permit #120

FREE Comprehensive Diabetes Classes

You will...

- ▶ learn tips to help you take better care of yourself!
- ▶ broaden your understanding of diabetes and how it affects the body!
- ▶ learn the latest recommendations for improved diabetes self-care!
- ▶ learn necessary management tips/skills for meal planning!
- ▶ learn activity recommendations!
- ▶ broaden your understanding of diabetes medications!

*It is recommended that participants attend the entire four day series, if possible.
Family Members Also Welcome!*

June 2nd, 9th, 16th & 23rd, 2011

2:00 pm – 4:00 pm

(Please come at 1:30 pm to the first class to fill out paper work)

**Providence Community Center
211 Wallace St
Providence, KY**

The **FREE** classes are provided by
Health First CHC,
Kentucky Diabetes Prevention & Control Program (KDPCP) of the
Green River District Health Department (GRDHD) and
Webster County Health Center.

**Pre-registration is required. To register
call (270) 852-5454.**

