

HEALTHY LIVING WITH DIABETES

FREE Online Diabetes Education
Use your smart phone, tablet, IPAD, or computer.

Attend all 3-week sessions to be placed
in a drawing for a \$50 grocery card.

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| <u>January 2023</u> Tuesdays Jan: 10,17,24 9:00-11:00 AM | <u>February 2023</u> Tuesdays Feb: 14,21,28 5:30-7:30 PM | <u>March 2023</u> Tuesdays Mar: 14,21,28 9:00-11:00 AM |
| <u>April 2023</u> Tuesdays April 11,18,25 5:30-7:30 PM | <u>May 2023</u> Tuesdays May 9,16,23 9:00-11:00 AM | <u>June 2023</u> Tuesdays June 13,20,27 5:30-7:30 PM |

REGISTER:

diabeteshealthyliving2021@gmail.com