

# HEALTHY LIVING WITH DIABETES

Attend free online Zoom Sessions led by licensed diabetes educators and health professionals.  
Laurel, Knox, and Whitley County Health Department

You can join the sessions from the comfort of your home by computer, IPAD, tablet, or smart phone.

Participants that attend each of the 4-week sessions will be placed in a drawing to receive a \$50 Grocery Card.

<p><b><u>JANUARY 2021</u></b> Tuesdays January 5, 12, 19, 26 5:30-7:30 PM</p>	<p><b><u>FEBRUARY 2021</u></b> Tuesdays February 2, 9, 16, 23 5:30-7:30 PM</p>
<p><b><u>MARCH 2021</u></b> Tuesdays March 2, 9, 16, 23 9:00-11:00 AM</p>	<p><b><u>APRIL 2021</u></b> Tuesdays April 6, 13, 20, 27 9:00-11:00 AM</p>
<p><b><u>MAY 2021</u></b> Tuesdays May 4, 11, 18, 25 5:30-7:30 PM</p>	<p><b><u>JUNE 2021</u></b> Tuesdays June 1, 8, 15, 22 9:00-11:00 AM</p>

**REGISTER:**

[diabeteshealthyliving2021@gmail.com](mailto:diabeteshealthyliving2021@gmail.com)