

Would you like to learn more
about your diabetes?



JCHD has the
information & resources
you need to learn how to
**LIVE WELL WITH
DIABETES.**

Join us for **Free**, fun
classes given by
Registered Dietitians.
(all ages welcome)

Diabetes Self-Management Training

- What is Diabetes?
- Healthy Eating
- High and Low Blood Sugars
- Monitoring and Management
- Physical Activity
- Diabetes Updates

January 14, 2019
5:00-7:00 pm
**@ Jessamine County
Public Library**

Call or email to register
(859) 885-4149 or
LaurenM.Lane@ky.gov



Classes are sponsored by the Jessamine County Health
Department and are offered through the Kentucky Diabetes
Prevention and Control Program.

