

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
Diabetes Educators.
(all ages welcome)

Diabetes Self-Management Training

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

March 14th

1-3 pm

**Class will be held at:
Jessamine County Public Library**

**Call to register
(859) 885-4149**



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