

# 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

**May 13th**

**5-7 pm**

Class will be held at:  
**Jessamine County Health  
Department  
210 E Walnut St, Nicholasville, KY**

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.