

# 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

**November 14th**  
**9-11 am**

**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.