



# Hands-On Diabetes:

An Educational Series

**Wednesday, July 26, 2023**

**2pm • Broadway Plaza, Auxiliary Room A**

Join us as *Registered Dietician, Courtney Johnson*, shares the basics about diabetes including facts and risk factors. She will also be covering medical and lifestyle management.

**Mark Your Calendars  
For The Entire Series!**

August 23 - Nutrition for Diabetes  
September 27 - Diabetes & Heart Health  
October 25 - Physical Activity & Medication Management  
November 29 - Meal Planning  
December 27 - Creating Healthy Habits



**SPACE IS LIMITED!**  
Call Courtney to register by Noon on Monday, July 24, 2023

**(618) 443-1435**