



Hands-On Diabetes:

An Educational Series - Diabetes & Nutrition

Wednesday, August 23, 2023

2pm • Broadway Plaza, Auxiliary Room A

Healthy eating is key to keeping blood sugars within target range, but it's also one of the most difficult parts of diabetes management. Join us as **Registered Dietician, Courtney Johnson**, shares what to eat to help keep blood sugars under control.

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

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



SPACE IS LIMITED!

Call Jennifer to register by Noon on Monday, August 21, 2023

(618) 443-1465