



# Hands-On Diabetes:

An Educational Series

**Thursday, April 17, 2025**

**10am • 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!**

Thursday, May 1 - Nutrition for Diabetes

Thursday, May 15 - Diabetes & Heart Health

Thursday, May 29 - Physical Activity & Medication Management

Thursday, June 12 - Meal Planning

Thursday, June 26 - Sustaining Healthy Habits



**SPACE IS LIMITED!**

Call Courtney to register by Noon on Wednesday, April 16, 2025

**(618) 443-1435**