

2019 Diabetes Education
Free Community Classes
Wednesdays, 5:30-7:30 pm
Lodi Public Library, 201 W. Locust St.

January 2, 9, 16, 23, 30

February 6, 13, 20, 27, March 6

March 20, 27, April 3, 10, 17

April 24, May 1, 8, 15, 22

June 5, 12, 19, 26

July 10, 17, 24, 31, August 7

August 14, 21, 28, September 4, 11

September 18, 25, October 2, 9, 16

October 23, 30, November 6, 13, 20

A five-week diabetes prevention and self-management education program. Topics include:

1. Getting to Know Diabetes
2. Healthy Eating
3. Healthy Coping and Physical Activity
4. Diabetes Medications
5. Staying Healthy with Diabetes

Classes are taught by a Registered Nurse

Call Jill to register for class 209-333-3044
Spanish translation available upon request