



**OUR FREE, NATIONALLY ACCREDITED AND RECOGNIZED DIABETES EDUCATION\* WORKSHOPS ARE NOW AVAILABLE ONLINE**

**You can join us from your own home using a phone, tablet or computer.**

**Get the latest information on taking care of your diabetes. Develop a healthy eating and activity plan that works for you. Get tips on taking medication and reducing your risks for short and long-term complications.**

**Class meets virtually Wednesdays and Fridays  
March 16<sup>th</sup> – April 8th  
12:00 pm – 1:00 pm EST/11:00 am – 12:00 pm CST**

**To register, contact Debbie Bell RD,  
LD, CDCES, MLDE at  
[Debbiey.Bell@ky.gov](mailto:Debbiey.Bell@ky.gov) or 502-564-  
5559 x 207**

*\*Participants completing the program will be entered into a drawing to win a \$25.00 gift card!*



"The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management and Support."



**AADE** American Association of Diabetes Educators



**Kentucky Public Health**  
Prevent. Promote. Protect.



**Gateway District Health Department**

Beck, Elliott, Ventres, Morgan, and Rowan  
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**Public Health**  
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**Franklin County Health Department**

