



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 on Wednesdays

May 3rd – May 24th

3:00 pm – 5:00 pm EST/2:00 pm –4:00 pm CST

**To register, contact Debbie Bell RD, LD,
CDCES, MLDE at Debbiey.Bell@ky.gov or
502-564-7647 x 207**

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

