



**OUR FREE, NATIONALLY ACCREDITED  
DIABETES EDUCATION PROGRAM IS  
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.**

**New classes beginning monthly! Call or email for  
info and to register.**

To Register, contact:

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606-674-6396 and 606-356-5689

