

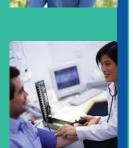
Our free, nationally accredited and recognized diabetes education\* workshops are now available on line. You can join us from your own home using a phone, tablet or computer. Get the latest information on taking care of your diabetes. Develop a healthy eating and activity plan that works for you. Also, get tips on taking medication and reducing your risks for short and long-term complications.

To register, contact our
Diabetes Education Coordinators
Kelly Dawes, RN, CDCES, MLDE
(270) 522-8121 Ext: 212 or
Nancy Hiner, RD, CDCES
diabetes@lfchd.org or 859-288-2344













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



