GRAYSON COUNTY

Diabetes Support Group

Classes will be held on the 3rd Thursday of the month at the Grayson County Extension Office @ 1:00pm

Schedule

August 17..........Diabetes Basics
September 21.......Managing Diabetes
October 19.........Physical Activity and Diabetes
November 16.......A1C
December 21......Blood Pressure
January 18.........Cholesterol
February 16........The Diabetes Food Guide Pyramid
March 15...........Carbohydrate Counting
April 19.............Think Your Plate
May 17.............Monitoring Blood Glucose
June 21.............Foot Care & Working with Your Health Care Team

Sessions Led By:

Natalie Taul, RD
Extension Agent for Family and Consumer Sciences
Grayson County

Angela Shartzer, RN
From the office of Gay Fulkerson, MD
Leitchfield, KY

Sessions are intended to raise awareness about Diabetes and provide education and support for those in the community diagnosed with Diabetes or those caring for a friend or loved one diagnosed with the disease.

To register and receive reminder calls contact the Extension Office at 270.259.3492