

Grayson County Diabetes Support GROUP



- March 7.....Understanding the Human Body
March 14.....Understanding Diabetes & Monitoring Your Body
March 21.....Get Up & Move! Physical Activity & Diabetes Complications
March 28.....Health Management Through Meal Planning
April 4.....Learning about Medical Care
April 11.....Living with Diabetes - Mobilizing Family & Friends

Classes will be held from 5:00 p.m. - 7:00 p.m.

Grayson County Health Department | 124 East White Oak Street Leitchfield, KY 42754

All are welcome to attend! Adults & youth diagnosed with diabetes, family members, or loved ones who support someone with diabetes. Must pre-register. Those who pre-register and attend 4 out of the 6 meetings will be entered in a drawing giveaway.

Call the Grayson County Extension Office to register (270)259-3492

Presented by The Grayson County Health Department & The Grayson County Extension Service.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

