

**Have Diabetes?
Want to Learn More?**



Diabetes Basics

Come to Mount Carmel Clinic's

**Every Thursday
Starts at: 1:30 to 3:30 P.M.**

A diabetes nurse, or dietitian offer information on:

- ▶ **What is diabetes?**
- ▶ **Healthy eating and physical activity**
- ▶ **How to check your blood sugars**
- ▶ **Learn how to care for your feet**
- ▶ **Heart healthy eating & label reading**
- ▶ **Medicines and how to prevent complications**

2010 Upcoming Dates:

| | | | | |
|------------|-------------|----------|----------|--------|
| January 7 | February 4 | March 4 | April 1 | May 6 |
| January 14 | February 11 | March 11 | April 8 | May 13 |
| January 21 | February 18 | March 18 | April 15 | May 20 |
| January 28 | February 25 | March 25 | April 22 | May 27 |
| | | | April 29 | |

Location:

Mount Carmel Clinic - Boardroom
886 Main Street
Snack & Refreshments Provided