

THE BEST DIABETES CARE IS SELF-CARE.

When you have been told that you have diabetes, you need to learn to manage your glucose (blood sugar). This class can help! Learn to control your diabetes with:

- Proper nutrition
- Exercise
- Weight management
- Glucose monitoring

FREE Diabetes Education Class

Classes meet:

Third Tuesday of each month from 9:00-11:00 a.m.

Fourth Thursday of each month from 2:00-4:00 p.m.

Talk to your primary care doctor about referring you to the class.

A physician order is required. Seating is limited, so reservations are required.

For more information or to RSVP, call 334-393-8760.

Classes held in the Joe Herod Conference Room on the 1st Floor of the
Medical Center Enterprise Women's Center.

MEDICAL CENTER ENTERPRISE

Where Healthcare and Community Connect

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