

Community Event Calendar

January - June 2016 - *Four Counties Fireplace Lounge*

| Diabetes Classes | Date | Time |
|--|-----------------------|------------------|
| New Beginnings Learn how to make your gut microbiome healthier! The Nature of Things Video with David Suzuki | Tue Jan 12 | 1:00 - 2:30pm |
| Boost Your Memory Memory boosting tips and snacks presented by Laura Waller, Nurse Practitioner and Alison Lenny, Dietitian | Mon Feb 22 | 1:00 - 2:30pm |
| Live a Long and Healthy Life Funeral Planning with Bill Denning, Denning's Funeral Director | Tue Mar 8 | 1:00 - 2:30pm |
| Craving Change Learn practical tips to change habits for life! | Tue Apr 19 | 1:00 - 2:30pm |
| Grow Your Own Herb Pot Try out your green thumb and learn to flavor food with herbs to lower fat and salt | Tue May 24 | 1:00 - 2:30pm |
| Summer Sizzle and Salads Free lunch provided! | Mon Jun 20 | 11:30am - 1:00pm |
| Special Events | Date | Time |
| Walk for Your Health Program Join others touched by diabetes and walk your way to a healthier you! * Meet in the Diabetes Education Classroom * | Tuesday & Thursday | 10:30 - 11:00am |
| Diabetes Support Group - Last Friday of each month | Last Friday | 2:00 - 3:00pm |

All Classes are free & everyone is welcome

Individual appointments with the nurse and dietitian are also available

For information or to register please call: (519) 693-6502