

Community Event Calendar

July - December 2017 - *Four Counties Fireplace Lounge*

Diabetes Classes	Date	Time
Refreshing and Satisfying Keep cool, hydrated and happy this summer. Take home your own fruit infused water bottle!	Tue Jul 18	1:00 - 2:30pm
What is Diabetes Doing to Me? Potential impact of diabetes on the body and ways to be preventative. Foot cream samples!	Tue Aug 15	1:00 - 2:30pm
Healthy and Delicious on a Budget All the best tips and meal ideas to maximize nutrition and taste, while minimizing cost!	Tue Sep 19	1:00 - 2:30pm
Healthy Harvest Soups Learn about the glycemic index and experience just how tasty eating low GI can be! Free lunch provided!	Tue Oct 17	11:30am - 1:00pm
ABCs of Diabetes feat. Dave McColl Pharmacist Insight into the questions you've always wanted to ask!	Tue Nov 21	1:00 - 2:30pm
Let's Celebrate the Season Together Healthy holiday tips, dance demos and of course a free holiday lunch provided!	Mon Dec 11	11:30am - 1:00pm
Special Events	Date	Time
Craving Change - 4 class program focused on <u>why</u> we eat Each week you will build upon knowledge learned at previous classes to help you establish healthy habits for life!	Thursdays Aug 3, 10, 17 & 24	1:00 - 3:00pm
BeneFIT Your Health Fun fitness class for all levels—Please arrive to your first class 10 mins early to fill out paperwork.	Aug 4, 11, 18, 25. Starting Aug 31, every Thursday	10:30 - 11:00am
Diabetes Support Group - Last Monday of each month	Last Monday	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