

Keep Control

Free Diabetes Classes

Fall Class Schedule

Tuesdays, Sept. 13th – Nov. 1st

12 noon – 1 pm

Forsyth Co. Dept. of Public Health

799 N. Highland Ave.

In these sessions you will learn how to:

- Control your diabetes before it controls you
- Prevent & treat complications of diabetes
- Still eat your favorite foods
- Make exercise part of your treatment & more

Topics include (not necessarily in this order):

- Understanding Causes of Diabetes
- Preventing and Treating Complications
- Understanding Medications
- Monitoring Blood Sugar and Sick Day Guidelines
- Making Sense of Carbohydrates & Meal Planning
- Fats and Oils in the Diet
- Stress and Diabetes
- How to Get Fit (Benefits of Physical Activity)

Classes are FREE and open to the public. Sponsored by Forsyth Co. Dept of Public Health.

For more info call 703-3216.

