

Diabetes Protect your health

Knox County Health Department is offering FREE informative sessions on diabetes and health improvement. The sessions will include information on how proper diet, medication and exercise help you stay healthier and feel better.

*Please mark your calendar for the following events**

- Wednesday, July 29 Noon - 1 p.m. Diabetes Class Demonstration
(bring lunch)
- Thursday, October 1, 8, 15, 22 and 29 7 - 8 p.m. Diabetes Education Series
(bring dinner if desired)
- Wednesday, January 13 Noon - 1 p.m. Diabetes Class Demonstration
– Lentils and Veggies
- Thursdays, February 4, 11, 18, 25, 2 - 3 p.m. Diabetes Education Classes
and March 4 – no food
- Thursdays, May 6, 13, 20, 27, 7 - 8 p.m. Diabetes Education Series
and June 3 – no food

