Diabetes Basics

Join the Powell County Health Department for a short class on the Basics of Diabetes

- **At the Powell County Extension Office**
- **Monday March 23rd, 2026**
- **5:00 - 6:00 pm**
- **Adults 18 and older**

What Is Diabetes

Healthy Eating

Physical Activity

Monitoring Blood Sugar

Medication

Sick Days

Call Renee Jones at 663-4360 for more information. No sign up necessary.