



# OUR FREE, NATIONALLY ACCREDITED DIABETES EDUCATION PROGRAM IS AVAILABLE TO YOU

Get the latest information on taking care of your diabetes. Develop a healthy eating and activity plan that works for you. Get tips on taking medication and reducing your risks for short and long-term complications.

<p>Thursdays May 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup></p> <p>5:00 PM EST</p> <p><b>Powell County Extension Office</b></p> <hr/> <p>Call Renee for more information and to register by May 1<sup>st</sup></p> <p>Powell County Health Department</p> <p>663-4360 or 606-612-2054</p>
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Kentucky Public Health  
Prevent. Promote. Protect.



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DIABETES EDUCATION  
ACCREDITATION PROGRAM