

Healthy LIVING WITH DIABETES



Session Meets 4 times:

Tuesday, November 3rd & 5th
&
Thursday, November 10th & 12th

from 5 - 7 pm

Location:
Zoom virtual platform

OUR FREE, NATIONALLY ACCREDITED
DIABETES EDUCATION
WORKSHOPS ARE NOW AVAILABLE

Get the latest information on how you can
manage your diabetes. Topics include:

- How to develop a healthy eating and activity plan
- Tips on taking medication
- Learn how you can reduce your risks for short and long-term complications.

Registration is Required by Friday, October 30, 2026

To register or for more information contact:

Debbie Bell at debbiey.bell@ky.gov and 502-564-7647

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for
gift cards



Gateway District
Health Department



ADCES DEAP
DIABETES EDUCATION
ACCREDITATION PROGRAM

