



Healthy *living with* Diabetes

Kentucky Department for Public Health

Our free, nationally accredited diabetes education workshops are now available online. You can participate using your phone, tablet or computer.

Join us from your own home for a four- week series to learn the latest information on managing diabetes, including healthy eating, developing an active lifestyle, taking medications and reducing your risk for long-term complications.

Meets Tuesday & Thursdays

January 12 – February 4th

from 10:00 a.m.-11:00a.m. CST

**Call to sign up! (270) 522-8121 Ext. 212 or
270-444-9625 Ext. 107**



Kentucky Public Health
Prevent. Promote. Protect.



**Purchase District
Health Department**
Promoting Health. Preventing Disease. Protecting You.

