



Healthy
living with
Diabetes
Kentucky Department for Public Health

**OUR FREE, NATIONALLY ACCREDITED AND
RECOGNIZED DIABETES EDUCATION*
WORKSHOPS ARE NOW AVAILABLE**

**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.**

January 24 and 31, 2022
1:00 p.m. – 5:00 p.m.
Each free session covers different topics!
John L. Street Library
244 Main St. Cadiz, KY 42211
(Meet in the Board Room – space limited to 6)
REGISTER BY January 21 (270) 522-8121 Ext. 212
(Light refreshments will be provided at no charge)
In case of inclement weather the class is cancelled if no school

