

Diabetes 102 Nutrition Class

Part 2 of 3 Part Series



When: 2010 Class Dates

January 30	May 15	September 18
February 13	June 19	October 16
March 20	July 17	November 20
April 17	August 21	December 18

Where: Diabetes Association Dayton Area
2555 South Dixie Dr. Suite 112
Dayton, Ohio 45409

Time: 1:00pm to 3:00pm

WHAT YOU WILL LEARN

- Three steps of eating well
- Choosing food: Labels
- Extras: sugar substitutes, alcohol, discretionary food
- Exercise
- Making changes

Please Rsvp: (937) 220-6611

NUTRITION CLASS INSTRUCTOR: MS. LYNN ARNOLD RD, LD, CDE, MS

A Nominal Fee of \$5.00 Is Asked To Cover Materials

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