

Diabetes Health Series

If you live with someone with diabetes or are newly diagnosed with diabetes and want to know the basics of diabetes management, attend a 3-part series



on diabetes health to be led by Dianne Schneider, RDN, DN, CDE, nutrition expert and outpatient diabetes educator. Mark your calendar for these hour-long sessions in the Cohen Conference Room:

THURSDAYS, 10:00–11:00 AM

Aug 24: “High Blood Sugar: What Does This Mean?”

Explore differences between pre-diabetes and diabetes and how simple lifestyle changes improve health

Sept 7: “The Language of Diabetes”

Learn the meanings of diabetic medical terms

Oct 19: “Carbohydrates: Friend or Foe?”

Discover the truth about carbs as part of a diabetic diet



Register by calling
513.423.1734
or stop by
our Welcome Center

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