



counting carbs **DIABETES** snacks
monitor fasting **PREDIABETES** BLOOD SUGAR
education control **SUPPORT** MEALS
Guidelines **GLUCOSE** diabetic **sugar**
self-management portion control Nutrition CHOICES
NUMBERS CARBOHYDRATES

Managing Diabetes Can Be Confusing.

We will help you learn

"All About It"

Thu / April 20 1-3:00 p.m.

All About **Diabetes**

Thu / June 22 1-3:00 p.m.

All About **Sugar**

Thu / September 28 1-3:00 p.m.

All About **The Numbers**

Get Answers To These Questions:

What is Diabetes and Pre-Diabetes
What does diabetes do to my body
What can I do

What is Sugar/Carbohydrates
What is on a food label
What to do to balance my plate

What your blood sugar numbers should be
What to do to control your numbers
What is the danger of uncontrolled numbers

No registration is required. Join us for this free Diabetes Education Series at the Johnson County Public Library, Franklin Branch, 401 State Street, Franklin

Enjoy Giveaways & Win Prizes!

Presented by Johnson Memorial Diabetes Care Center in partnership with the Johnson County Public Library Health & Wellness Program Series



317.346.3846
JohnsonMemorial.org/Diabetes