

Diabetes 101

Free Diabetes Education Class

ENGLISH

All Classes:
6:00 pm to 7:00 pm

August 26, 2011
Sept 16, 2011
October 21, 2011

Caldwell YMCA

3720 S Indiana
Ave

Caldwell, Idaho

YMCA
membership not
required to
attend the class.

ESPAÑOL

All Classes:
6:00 pm to 7:00 pm

August 19, 2011
October 14, 2011
Nov 11, 2011

Space is Limited

Please call Barb Felty to Pre-register at 455-5343

Topics will include:

Diabetes Meal Planning

Monitoring Blood Sugars

Preventing Diabetes Related Complications



**Class instructed by a Registered Dietitian
and Certified Diabetes Educator

Questions? Please call 455-5343