

Keep Control

Free Diabetes Classes

Classes meet at Forsyth County Dept of Public Health
799 N. Highland Ave Winston-Salem
2011 Winter Class Schedule (Classes are Free)

Classes meet

Thursdays 12:00-1:00 pm January 13th – March 3rd

Topics include (topics not guaranteed in this order)

- Understanding Causes of Diabetes
- Preventing and Treating Complications
- Understanding Medications
- Monitoring Blood Sugar and Sick Day Guidelines
- Making Sense of Carbohydrates & Meal Planning
- Fats and Oils in the Diet
- How to Get Fit (Benefits of Physical Activity)
- Diabetes Looking at the Ups & Downs

In these sessions you will learn how to:

- Control your diabetes before it controls you
- Prevent & treat complications of diabetes
- Still eat your favorite foods
- Make exercise part of your treatment & more

Door prizes are given out during each class. Classes are FREE and open to the public.

For more info call 703-3219. Classes sponsored by Forsyth County Dept of Public Health.

Note: In case of bad weather, diabetes class will be cancelled if the Winston-Salem Forsyth County Schools are cancelled for the day.

