

# Diabetes Classes

*Providing guidance and support to make the "healthy choice the easy choice!"*

- Dates & Topic:** January 20, 2009 *Know Your Numbers*  
February 17, 2009 *Know Your Nutrition*  
March 17, 2009 *Know Your Healthy Steps*  
April 21, 2009 *Know Your Resistance*
- Location:** Chipola College Continuing Education Building
- Time:** 10:00 a.m.— 11:00 a.m.
- Sponsored by:** Bayer Health Care

**JCHD Healthy Communities, Healthy People Program**

**JCHD Closing the Gap Cardiovascular Disease Prevention Program**