

## **Eating Well with Diabetes**

**Learn Weight Management Strategies,  
Carbohydrate Counting Skills & more**

**Thursday February 9 and February 16**

**4:30 – 5:30 pm**

**or**

**Monday March 12 and March 19**

**5:30– 6:30 pm**

**Strong Memorial Hospital  
Endocrine Clinic AC-3**

**Registration is required**

**Please call 275-2901 for registration**

**or**

**sign up in**

**Diabetes Clinic (3rd Floor)**