



YOU ARE INVITED TO A *DIABETIC SUPPORT GROUP*

Educational Topics Discussed:

Wednesday, January 12, 2022

Diabetic Dietary Needs, by Ally Roberts, RD

Wednesday, February 9, 2022

Figuring Out Fats: Which ones are good for your heart.

Wednesday, March 9, 2022

Breaking Down Food Labels

*PLEASE RSVP BY EMAIL TO
JYOUNG@CUMBERLANDHEALTH
CARE.COM OR CALL
715-822-7470 TO
RESERVE YOUR SEAT.

**Classes are from 2:00-3:00 pm
and offered virtually or
in person in the
Community Room at
Cumberland Healthcare**



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