

**Diabetes Center of Excellence
Madison County Health Department
2005 Corporate Drive, Richmond, Kentucky**



Diabetes Self-Management Training Classes

Dates and Times of Classes:

**Monday & Wednesday, May 19 and 21, 2008, 1:00pm - 5:00pm
Saturdays, June 14 and 21, 2008, 8:30am - 12:30pm
Tuesday & Wednesday, July 22 and 23, 2008, 1:00pm - 5:00pm**

(Please arrive 30 minutes before Part 1 class begins)

What are Diabetes Self-Management Training Classes?

Diabetes Self-Management Training Classes are taught by the Diabetes Team of the Madison County Health Department. The classes are for persons with diabetes and their family members and friends. They offer information on healthy eating, being active, monitoring, taking medication, problem solving, healthy coping and reducing risks for complications. The nutritionist and nurse team work with the person with diabetes to identify changes that can be made to improve overall health.

How Can I Participate?

Pre-registration is required. For other class dates and to register call the Diabetes Center of Excellence at 859-623-3462.

A small charge may apply.

A light snack will be provided.

Margaret Maupin-Story, RD, CDE
Certified Diabetes Educator

Kim Coy DeCoste RN, CDE
Certified Diabetes Educator

Paula A. Hollon, RN, CDE
Certified Diabetes Educator

**Madison County Health Department
"Working for a Healthier Community"**