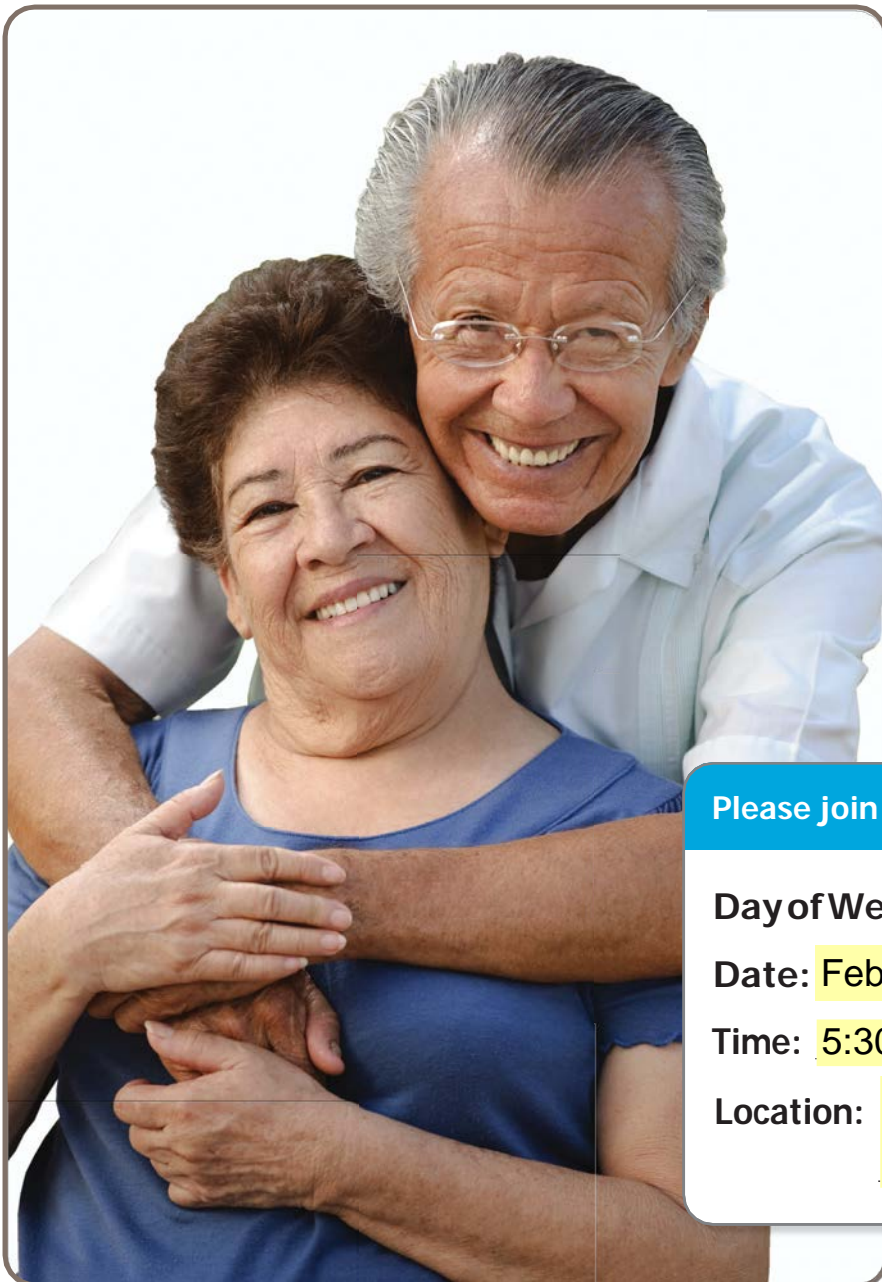


Diabetes Academy

is Now in Session



Diabetes Academy is a free class given by a Novo Nordisk Diabetes Educator to help you learn about managing diabetes.

Curriculum includes:

Diabetes Management

- **Diabetes 101**—covers basic diabetes information and terminology
- **Staying Healthy**— provides convenient tips for eating healthy and staying active
- **Diabetes Medication**— reviews the basics about insulin and non-insulin injectables and demonstrates how to use injection devices

We look forward to seeing you!

Please join our next class...

Day of Week: Thursday

Date: February 22, 2018

Time: 5:30 pm am/pm

Location: Harrison Family YMCA
Rocky Mount