
DIABETES EDUCATION CLASS

FEBRUARY 26TH 6:00 PM

- ARE YOU A DIABETIC?
IF SO, COME TO OUR DIABETES EDUCATION CLASS!
WE WILL BE COVERING:
- MEAL PLANNING
 - PORTION SIZES
 - CARBOHYDRATES: HOW MUCH AND WHAT TYPES
 - HOW TO SAFELY LOSE WEIGHT WITH DIABETES
- FREE TAKE HOME MATERIALS WILL BE GIVEN OUT!**



**MAIN STREET CLINIC
1707 N. MAIN ST.
GAINESVILLE, FL 32609**



**Equal Access
Clinic Network**
A Family of Patient-Centered Free Clinics

DIABETES EDUCATION CLASS FEBRUARY 26TH

(6:00) P NA

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WE WILL BE COVERING:

o REAL PLANING o PORTION SIZES o CARBS & HYDRATES: HOW MUCH AND WHAT TYPES o HOW TO SAFELY LOSE WEIGHT WITH DIABETES

FREE TAKE HOME MATERIALS WILL BE GIVEN OUT!

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