DIABETES

SELF-MANAGEMENT

Control Diabetes for Life
What’s New in Diabetes Self-Management
What’s New in Diabetes Care
Nutrition for Your Eyes
Are You Sitting Too Much
Is Your Home Slim by Design
Receive recipes adapted for diabetic diets

Alliance Extension
Thursday, March 31
10:00 am - 12:00 pm

Register by March 28
Nebraska Extension
762-5616