

LIVING WITH DIABETES?

Learn how to manage it in a whole new way.



Our free, nationally accredited, diabetes workshops are **now available online.**

Led by Certified Diabetes Care & Education Specialists, you will learn about healthy eating, medication options, prevent/delay long-term complications, and so much more!

You can participate using a phone, tablet, or computer.

All handouts and tools will be sent to you.

Ask how to win a \$30 gift card and other incentives.

To register or for more information, please email diabetes@lfchd.org or call 859-288-2344.