

# 3-PART IN-PERSON SERIES

**10 a.m.-12 p.m. July 15 & 29**

Eastside Branch Lexington Public Library  
3000 Blake James Dr.  
Lexington, KY 40509

**10 a.m.-12 p.m. July 22**

Lexington Senior Center  
195 Life Lane  
Lexington, KY 40502



# HEALTHY LIVING with Diabetes

## PRE-REGISTRATION IS REQUIRED

Contact Nancy Hiner at 859-288-2344  
or visit our website <http://www.LFCHD/diabetes>  
and click "Contact Us".



## Did you know? Personalized services to manage your diabetes can help you:

- Set and track your health goals.
- Learn how to use knowledge, skills, and tools to manage your diabetes.
- Practice how to fit diabetes care into all parts of your life.
- Find ways to get support when you need it.

**Ask how to earn a \$30 gift card!**

