



DIABETES CARE CENTER

MEDICATIONS • SUPPLIES • SUPPORT

LEARN HOW TO MANAGE YOUR DIABETES

Living with diabetes can feel overwhelming, but it doesn't have to be. At **fred's** Diabetes Care Center, we offer free community education courses that cover a wide range of wellness topics. From insulin management and foot care to nutrition and exercise, our classes will help you learn how to manage your symptoms and maintain a healthy lifestyle. For details on class offerings, please view the schedule listed below.

DISCUSSION TOPICS

SESSION 1: Nutrition & Exercise

Reading and understanding nutrition labels
Staying physically active

SESSION 3: Tracking Carbohydrates & Medications

Balanced meal planning and portion control
Diabetes medications

SESSION 2: Meal Planning & Monitoring Glucose

Eating healthy during the holidays
Blood glucose monitoring

SESSION 4: Diabetes & the Holidays

Counting and keeping track of carbohydrates
Diabetes troubleshooting 101

TOWN	VENUE	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Columbiana	Columbiana United Methodist Church 200 N. Main St., Columbiana, AL 35051	Mon 10/30 1-2 PM	Mon 11/13 5-6 PM	Mon 11/27 1-2 PM	Mon 12/11 5-6 PM
Demopolis	Theo Ratliff Activity Center 306 1st Ave., Demopolis, AL 36732	Tues 10/31 5-6 PM	Tues 11/14 5-6 PM	Tues 11/28 5-6 PM	Tues 12/12 5-6 PM
Eutaw	Greene County Physicians Clinic 509 Wilson Ave., Eutaw, AL 35462	Tues 10/31 11 AM-12 PM	Tues 11/14 1-2 PM	Tues 11/28 11 AM-12 PM	Tues 12/12 1-2 PM
Fayette	Bevill State Community College, Fayette Campus, 2631 Temple Ave. N Fayette, AL 35555	Wed 11/1 11 AM-12 PM	Wed 11/15 11 AM-12 PM	Wed 11/29 11 AM-12 PM	Wed 12/13 11 AM-12 PM
Florence	TVA Community Credit Union 502 East Dr. Hicks Blvd. Florence, AL 35630	Fri 11/3 11 AM-12 PM	Fri 11/17 3-4 PM	Fri 12/1 11 AM-12 PM	Fri 12/15 3-4 PM
Haleyville	Haleyville Park & Recreation Center, 1901 11th Ave., Haleyville, AL 35565	Thurs 11/2 5-6 PM	Thurs 11/16 1-2 PM	Thurs 11/30 5-6 PM	Thurs 12/14 1-2 PM
Hamilton	Hamilton Senior/Recreation Center 690 Bexar Ave., Hamilton, AL 35570	Thurs 11/2 11 AM-12 PM	Thurs 11/16 5-6 PM	Thurs 11/30 11 AM-12 PM	Thurs 12/14 5-6 PM
Lincoln	Lincoln Public Library 47475 US Al. Hwy 78, Lincoln, AL 35096	Mon 10/30 5-6 PM	Mon 11/13 1-2 PM	Mon 11/27 4:30-5:30 PM	Mon 12/11 1-2 PM
Red Bay	Helen Keller Red Bay Hospital 211 Hospital Road, Red Bay, AL 35582	Thurs 11/2 1-2 PM	Thurs 11/16 11 AM-12 PM	Thurs 11/30 1-2 PM	Thurs 12/14 11 AM-12 PM
Reform	Reform Public Library 302 1st St. S, Reform, AL 35481	Tues 10/31 1-2 PM	Tues 11/14 11 AM-12 PM	Tues 11/28 1-2 PM	Tues 12/12 11 AM-12 PM
Rogersville	Rogersville Methodist Church 51 Turner Lindsey Road Rogersville, AL 35652	Fri 11/3 1-2 PM	Fri 11/17 11 AM-12 PM	Fri 12/1 1-2 PM	Fri 12/15 11 AM-12 PM
Sulligent	Sulligent Housing Authority 211 Project St., Sulligent, AL 35586	Wed 11/1 1-2 PM	Wed 11/15 5-6 PM	Wed 11/29 1-2 PM	Wed 12/13 5-6 PM
Tuscumbia	Helen Keller Public Library 511 N. Main St., Tuscumbia, AL 35674	Fri 11/3 5-6 PM	Fri 11/17 1-2 PM	Fri 12/1 5-6 PM	Fri 12/15 1-2 PM
Vernon	Vernon Community Center 230 Strickland Circle, Vernon, AL 35592	Wed 11/1 5-6 PM	Wed 11/15 1-2 PM	Wed 11/29 5-6 PM	Wed 12/13 1-2 PM