

DIABETES EDUCATION

2019 Class Schedule

Register at www.manateeyourchoice.com/register

[No Diabetes Education Classes in January]

FEBRUARY

S	M	T	W	R	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

- 4: HEART LOVE, Session 1** (Admin, 12pm)
- 5: HEART LOVE, Session 1** (Public Works, 12pm)
- 11: HEART LOVE, Session 2** (Admin, 12pm)
- 12: HEART LOVE, Session 2** (Public Works, 12pm)
- 19: HEART LOVE, Session 1** (Utilities, 12pm)
- 25: BASICS OF DIABETES CARE** (Central Library, 5:30pm)
- 26: HEART LOVE, Session 2** (Utilities, 12pm)
- 27: WHAT CAN I EAT?** (Central Library, 5:30pm)
- 28: HEART LOVE, Session 1** (PSC, 12pm)

MARCH

S	M	T	W	R	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- 1: COPING WITH DIABETES** (EHB, 5:30pm)
- 7: HEART LOVE, Session 2** (PSC, 12pm)

APRIL

S	M	T	W	R	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

- 11: HEART LOVE, Session 1** (MSO, 12pm)
- 18: HEART LOVE, Session 2** (MSO, 12pm)
- 22: WHAT CAN I EAT?** (Central Library, 5:30pm)
- 24: BASICS OF DIABETES CARE** (Central Library, 5:30pm)
- 25: HEART LOVE, Session 1** (Transit, 12pm)
- 30: COPING WITH DIABETES** (EHB, 5:30pm)

MAY

S	M	T	W	R	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- 9: HEART LOVE, Session 2** (Transit, 12pm)
- 13: MANAGING FOOD & FEELINGS** (Central Library, 5:30pm)
- 16: COPING WITH DIABETES** (EHB, 5:30pm)
- 20: BASICS OF DIABETES CARE** (Central Library, 5:30pm)
- 22: WHAT CAN I EAT?** (Central Library, 5:30pm)



DIABETES EDUCATION

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JUNE

S	M	T	W	R	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

- 17: HEART LOVE, Session 1** (Central Library, 6pm)
- 19: MANAGING FOOD & FEELINGS** (EHB, 5:30pm)
- 19: BASICS OF DIABETES CARE** (Central Library, 5:30pm)
- 25: WHAT CAN I EAT?** (EHB, 5:30pm)
- 26: COPING WITH DIABETES** (EHB, 5:30pm)

JULY

S	M	T	W	R	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 16: HEART LOVE, Session 1** (Palmetto Library, 6pm)
- 25: HEART LOVE, Session 2** (Palmetto Library, 6pm)
- 27: ALL SURVIVAL SKILLS COURSES** (Basics of Diabetes Care, What Can I eat? and Coping with Diabetes) (Palmetto Library, 9:30am)

AUGUST

S	M	T	W	R	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- 12: BASICS OF DIABETES CARE** (Central Library, 5:30pm)
- 14: HEART LOVE, Session 2** (Central Library, 6pm)
- 21: WHAT CAN I EAT?** (EHB, 5:30pm)
- 26: COPING WITH DIABETES** (EHB, 5:30pm)

[No Diabetes Education Classes in September]

OCTOBER

S	M	T	W	R	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- 7: MANAGING FOOD & FEELINGS** (Central Library, 5:30pm)
- 14: COPING WITH DIABETES** (EHB, 5:30pm)
- 21: WHAT CAN I EAT?** (Central Library, 5:30pm)
- 23: BASICS OF DIABETES CARE** (Central Library, 5:30pm)

[No Diabetes Education Classes in November or December]

