

The Low Carb Lowdown



Do all people need to eat low carb? Find out about the best low carbohydrate styles of eating, the difference between quality and poor quality carbs plus good swaps to reduce carbs.

Instructed by Florey Miller

Date	Time	Location
Wednesday, January 31	12p - 12:45p	Utilities, Ops Bldg, Large Conf Room 4524 66th St W, Bradenton
Wednesday, February 7	12p - 12:45p	Transit, Conference Room <i>Transit/Transit Fleet Personnel Only</i> 2411 Tallevast Rd, Sarasota
Wednesday, February 7	1p - 1:45p	Transit, Conference Room <i>Transit/Transit Fleet Personnel Only</i> 2411 Tallevast Rd, Sarasota
Thursday, March 7	12p - 12:45p	Public Works, Conf Room 1&2 1100 26th Ave E, Bradenton
Tuesday, March 20	6p - 7p	Palmetto Library 923 6th St. W, Palmetto
Saturday, April 28	1p - 2p	Palmetto Library 923 6th St. W, Palmetto
Wednesday, May 2	12p - 12:45p	Admin Bldg, 4th Floor Osprey Room 1112 Manatee Ave W, Bradenton
Friday, June 22	12p - 12:45p	MSO Ops, Media Classroom <i>MSO/CPID Personnel Only</i> 600 301 Blvd W, #202, Bradenton
Tuesday, July 24	6p - 7p	Palmetto Library 923 6th St. W, Palmetto

Open to all employees and health plan members!

- Can be used to complete Qualifying Requirements for Diabetes Education for those members with 2017 Qualifying A1C at 7.1 to 8.9.
- This class counts as one group session in the Prevent Diabetes program.

Register at www.manateeyourchoice.com/register

(Select "Low Carb Lowdown" in the dropdown menu or use the search bar)

