

PREVENT DIABETES

2018 Class Schedule

Register at www.manateeyourchoice.com/register

JANUARY

S	M	T	W	R	F	S
1	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			

23: YOU WON'T MISS IT (Utilities, 12pm)

30: UNDERSTANDING YOUR BLOOD SUGAR (Palmetto Library, 5:30pm)

31: LOW CARB LOWDOWN (Utilities, 12pm)

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			

7: LOW CARB LOWDOWN (Transit, 12pm & 1pm)

8: GOOD, BAD & UGLY OF DINING OUT (Utilities, 12pm)

13: BECOME AN EXPERT (Utilities, 12pm)

20: YOU WON'T MISS IT (Palmetto Library, 6pm)

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: UNDERSTANDING YOUR BLOOD SUGAR (Utilities, 12pm)

7: LOW CARB LOWDOWN (PW, 12pm)

8: UNDERSTANDING YOUR BLOOD SUGAR *en espanol* (Palmetto Lib, 5:30pm)

10: FRUSTRATION FREE! (Braden River Library, 9am)

15: GOOD, BAD & UGLY OF DINING OUT (PW, 12pm)

20: YOU WON'T MISS IT (PW, 12pm)

20: LOW CARB LOWDOWN (Palmetto Library, 6pm)

22: BECOME AN EXPERT (Palmetto Library, 6pm)

28: BECOME AN EXPERT (PW, 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					

10: UNDERSTANDING YOUR BLOOD SUGAR (PW, 12pm)

17: UNDERSTANDING YOUR BLOOD SUGAR (Palmetto Library, 5:30pm)

19: BECOME AN EXPERT (Admin, 12pm)

24: GOOD, BAD & UGLY OF DINING OUT (Admin, 12pm)

28: LOW CARB LOWDOWN (Palmetto Library, 1pm)



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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		

- 2: LOW CARB LOWDOWN** (Admin, 12pm)
- 5: FRUSTRATION FREE!** (Braden River Library, 2pm)
- 10: YOU WON'T MISS IT** (Admin, 12pm)
- 10: BECOME AN EXPERT** (Palmetto Library, 6pm)
- 19: UNDERSTANDING YOUR BLOOD SUGAR** (Palmetto Library, 12:30pm)
- 23: UNDERSTANDING YOUR BLOOD SUGAR** (Admin, 12pm)

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

- 7: UNDERSTANDING YOUR BLOOD SUGAR** (Palmetto Library, 5:30pm)
- 8: YOU WON'T MISS IT** (MSO, 12pm)
- 9: FRUSTRATION FREE!** (Braden River Library, 9am)
- 13: GOOD, BAD & UGLY OF DINING OUT** (MSO, 12pm)
- 14: FRUSTRATION FREE!** (Braden River Library, 5pm)
- 22: LOW CARB LOWDOWN** (MSO, 12pm)
- 23: BECOME AN EXPERT** (Palmetto Library, 1pm)

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				

- 12: GOOD, BAD & UGLY OF DINING OUT** (Palmetto Library, 6pm)
- 13: BECOME AN EXPERT** (MSO, 12pm)
- 14: FRUSTRATION FREE!** (Braden River Library, 9am)
- 18: UNDERSTANDING YOUR BLOOD SUGAR** (MSO, 12pm)
- 21: YOU WON'T MISS IT *en espanol*** (Palmetto Library, 1pm)
- 24: FRUSTRATION FREE!** (Braden River Library, 5pm)
- 24: LOW CARB LOWDOWN** (Palmetto Library, 6pm)

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	

- 9: GOOD, BAD & UGLY OF DINING OUT** (Palmetto Library, 6pm)
- 18: GOOD, BAD & UGLY OF DINING OUT** (Palmetto Library, 1pm)
- 21: GOOD, BAD & UGLY OF DINING OUT** (Palmetto Library, 6pm)
- 25: FRUSTRATION FREE!** (Rocky Bluff Library, 9am)

