

Prevent Diabetes: Understanding the Science Behind Your Elevated Blood Sugar

Learn the reasons why your blood sugar is elevated and what you can do about it.

Instructed by Natalia Garcia

Date	Time	Location
Tuesday, Jan 30	5:30p - 7p	Palmetto Library 923 6th St. W, Palmetto
Thursday, March 1	12p - 12:45p	Utilities, Large Conf Room 4410 66th St W, Bradenton
Thursday, March 15 (en español)	5:30p - 7p	Palmetto Library 923 6th St. W, Palmetto
Tuesday, April 10	12p - 12:45p	Public Works, Conf Room 1&2 1100 26th Ave E, Bradenton
Tuesday, April 17	5:30p - 7p	Palmetto Library 923 6th St. W, Palmetto
Saturday, May 19	12:30p - 2p	Palmetto Library 923 6th St. W, Palmetto
Wednesday, May 23	12p - 12:45p	Admin Bldg, 4th Floor Osprey Room 1112 Manatee Ave W, Bradenton
Thursday, June 7	5:30p - 7p	Palmetto Library 923 6th St. W, Palmetto
Wednesday, July 18	12p - 12:45p	MSO Ops, Media Classroom *MSO/CPID Personnel Only 600 301 Blvd W, #202, Bradenton

This class counts as one group session in the Prevent Diabetes program.

Register at www.manateeyourchoice.com/register

(Select "The Science Behind..." in the dropdown menu or use the search bar)

