



2018 Diabetes Education

June 21

September 13

1:30 - 2:30 PM

KNOW YOUR NUMBERS

CARB COUNTING

PORTION CONTROL

Meet our diabetes education team at the
Johnson County Public Library - Franklin
401 State Street

November 8

1:30 - 2:30 PM

COOKING & TASTING DEMONSTRATION

Join us at

Johnson Memorial Hospital - Franklin
1125 W. Jefferson Street in the
Willow Cafe' with Chef Josh Watters

Connecting the Dots Managing Diabetes

Diabetes and prediabetes rates continue to rise in Indiana. It is the 7th leading cause of death and the risk of acquiring diabetes increases after age 65.

Carla Duncan, RN, CDE, invites the community to take action to **prevent or manage diabetes.**

Join her and Johnson Memorial's team of educators in this diabetes education series as they cover the basics of **a care plan that works** and offer a fun cooking session at Johnson Memorial's Willow Cafe.



**JOHNSON
MEMORIAL
HEALTH**

NO REGISTRATION REQUIRED

317.346.3846

JohnsonMemorial.org