

**Monroe County Medical Center's  
Diabetes Education & Support Group  
Calendar of Programs 2017-2018**

All classes begin at 2:00 p.m. & last about an hour

- September 6<sup>th</sup>, 2017      **"Friendly Bug Invasion"** Probiotics & how we can incorporate them into our diet.  
Larry Miller RD, LD, CDE
- October 4<sup>st</sup>, 2017      **The ABC's of Diabetes Care**  
Jill Ford RN, BSN, Director of the Monroe County Health Department
- November 1<sup>st</sup>, 2017      **"Body Recall"** Getting some flexibility and movement back in your body.  
Dyshel Thompson LHD- Monroe County Health Department
- December 6<sup>th</sup>, 2017      **"Diabingo"** and **"Holiday Party"** A fun game where participants learn about Diabetes Self-care while winning prizes.  
Larry Miller RD, LD, CDE
- January 3<sup>rd</sup>, 2018      **"Increasing Mobility to Feel Your Best!"**  
Movements to get stronger and help your mobility around the house.  
Tyler King PTA & Josh Ramsey OT from MCMC
- February 7<sup>th</sup>, 2018      **"Telling my Story with Diabetes"** And ways it may help you  
A1c Champion
- March 7<sup>th</sup>, 2018      **"Back to Basics"** Setting Goals & Solving Problems  
Jill Ford RN, BSN, Director of the MC Health Department
- April 4<sup>th</sup>, 2018      **New Menu Trends-** Healthy menu substitutions & strategies to making the most nutritious meals possible  
Janille Hawkins  
UK Extension Office
- May 2<sup>nd</sup>, 2018      **"Weight Loss Strategies"** Lose a little, benefit a lot.  
Larry Miller RD, LD, CDE

**BAD WEATHER NOTICE:**

If Monroe County Schools are closed due to snow, ice, or road conditions, the Diabetes Support Group will NOT meet.  
For more information, please contact:

Larry Miller, Director of Nutrition Services 270-487-9231 Extension #1191