

Monroe County Medical Center's Diabetes Education & Support Group Calendar of Programs 2023-2024

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

- July 5th, 2023 **“Understanding the Diabetic Diet” Controlling Carbohydrates and Meal Planning**
Larry Miller RD, LD, CDE
- August 2nd, 2023 **“What is some type of foods that can give my body the fuel it needs while I manage my diabetes?”** Chelsea Tabor RD & Amy Meador RD
Food & Diet Expert
Allen Co. Health Department
- September 6th, 2023 **“Diabingo”** A fun game where participants learn about Diabetes Self-care while winning prizes.
Larry Miller Rd, LD, CDE
- October 4th, 2023 **“Holiday Party & “Diabingo”** A fun game where participants learn about Diabetes Self-care while winning prizes.
Larry Miller RD, LD, CDE
- November 1st, 2023 **“Increasing Mobility to Feel Your Best!”**
Movements to get stronger and help your mobility around the house.
Tracy Page Physical Therapist- Director of Rehab Services at Monroe Co. Medical Center
- February 7th, 2024 **“Telling my Story with Excess Weight and Diabetes”** And ways it may help you
Sarah Barfield- Weight Management & A1c Champion
- March 6th, 2024 **“Weight Loss Strategies”** Low-Fat, Fewer Carbs or Reducing Calories; What REALLY works?
Larry Miller RD, LD, CDE
- April 3rd, 2024 **New Menu Trends**-Healthy menu substitutions & strategies to making the most nutritious meals possible
UK Cooperative Extension Services Monroe County
Monroe County, KY
- May 1st, 2024 **“Be Strong”** What types of exercise is best for people with Diabetes?
Alan Graves Personal Trainer Monroe County
Wellness Center & Monroe County School Sports

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