

**Monroe County Medical Center's  
Diabetes Education & Support Group  
Calendar of Programs 2025-2026**

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

October 1 <sup>st</sup> ,2025	<b>"Embracing Overlooked and Under loved Foods for Health of People and the Planet."</b> Larry Miller RD, LD, CDE
November 5 <sup>th</sup> ,2025	<b>Proper Food Safety – Jason Holland</b> - Monroe County Health Department
January 7 <sup>th</sup> ,2026	<b><u>"Increasing Mobility to Feel Your Best!"</u></b> Movements to get stronger and help keep your mobility around the house Tracy Page Director of Physical Therapy at MCMC
February 4 <sup>th</sup> ,2026	<b>"Healthy Smoothies" Nutrient Dense Nutrition that can be made Quick.</b> Learn what to add to make your shakes nutritious Larry Miller RD, LD, CDE
March 4 <sup>th</sup> ,2026	<b>"Body Recall"</b> Getting some flexibility and movement back in your body. Dyshel Thompson Addictive Substance Director, Tompkinsville Health Department
April 1 <sup>st</sup> ,2026	<b>"ABC's of Diabetes Care" A1c/ Blood Pressure/ Cholesterol</b> Sara West RN, BSN, Registered Nurse Tompkinsville Health Department
May 6 <sup>th</sup> ,2026	<b>"Losing Weight the right way and keeping it off"</b> Low-Fat, Fewer Carbs or Reducing Calories; What REALLY works? 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