

Living well with

# DIABETES

## Education Workshop

**FREE!**

**Thursday June 11, 2026**

**9:00 AM - 4:30 PM**

**Register by  
Tuesday,  
June 9th**

### Topics discussed:

- What is Diabetes
- Goal Setting for Success
- Coping With Diabetes
- Healthy Eating
- Being Active
- Medications
- Treating High and Low Blood Sugars, Managing Sick Days, Traveling
- Monitoring
- Reducing Risks of Long-term Complications

Attend all sessions or those you are most interested in.

**Monroe County Medical Center**

**529 Capp Harlan Rd.**

**Tompkinsville, KY 42167**

**Call: 270-487-9231 to register**

**In partnership with Allen County Health Department**

