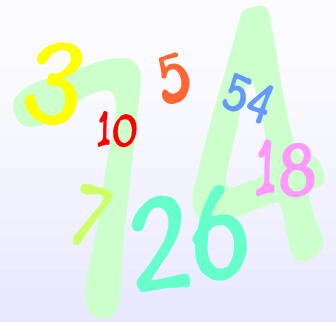


FREE Carbohydrate Counting/ Meal Planning Workshop

***For People with Diabetes or Pre-Diabetes
and their Caregivers***



Tuesday, October 24, 2017 (6-8 p.m.)

Person County Health Department (classroom)

Instructor: Tammy Sanford, RDN, LDN, CDE

***Registration is required by October 20.
Space is limited.***

**Contact LeighAnn Creson (Health Dept.) at (336) 597-2204 x2277
or lcreson.pchd@personcounty.net to register.**

Sponsored by :

*Person Co. Health Dept. & its employees are prohibited
from discriminating against clients on the basis of age,
sex, race, color, creed, religion, national origin, disability,*

