

FREE Diabetes & Nutrition Education Class.

Monday, 10/17/11 5:30P-6:30P



Come learn about diabetes, what it does to your body, how to manage it, how to prevent it and how to change your diet and exercise habits.

Guest speakers are : Ambrosia Geffry, Licensed Dietitian and JaNena Milburn, Family Nurse Practitioner.

Handouts and light refreshments will be available. Please Call Jill @ 405-756-1414 to RSVP.

