

2019 NUTRITION CLASSES

AT SIERRA VIEW MEDICAL CENTER

Interested in learning more about nutrition? Are you a diabetic or are looking to prevent the onset of diabetes? Join our classes taught by a Registered Dietitian. All classes are **free** and open to the public.

TO REGISTER, CALL: (559) 791-3847

BASIC MEAL PLANNING FOR DIABETICS

- | | | | |
|----------------|------------------|-----------------|-----------------|
| JAN 16 6:00 PM | APR 17 10:00 AM | JULY 17 6:00 PM | NOV 20 6:00 PM |
| FEB 20 2:00 PM | MAY 15 6:00 PM | AUG 21 10:00 AM | DEC 18 10:00 AM |
| MAR 20 6:00 PM | JUNE 19 10:00 AM | SEP 18 6:00 PM | |

CARBOHYDRATE COUNTING FOR DIABETICS

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|----------------|----------------|------------------|-----------------|
| FEB 20 6:00 PM | APR 17 6:00 PM | JULY 17 10:00 AM | NOV 20 10:00 AM |
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