



**Diabetes Education
For Pre-Diabetes and Diabetes
18 Years & Older
FOCUS Fitness Membership *NOT* Required**

***\$25.00 per class
\$150.00 total***

DIABETES EMPOWERMENT

Food & Fitness Series



**3 classes in the
Teaching Kitchen**

10:30 AM - 12:00 PM

- 2/19
- 3/19
- 4/16



**3 classes at
FOCUS Fitness**

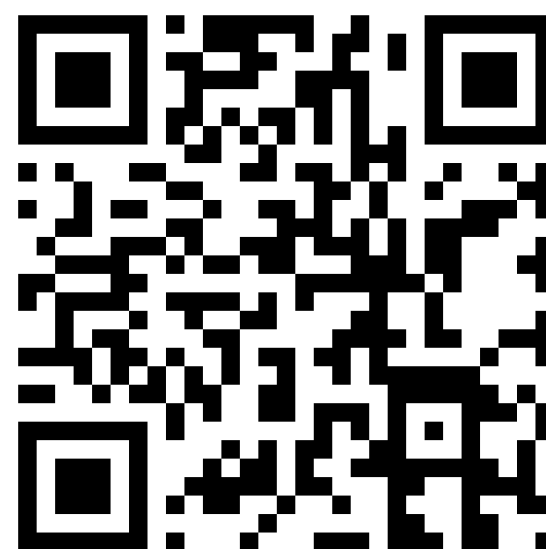
10:30 AM - 11:30 AM

- 3/5
- 4/2
- 4/30

**CENTERING ON THE
30/30/30 APPROACH**

- ✓ 30 minutes of exercise each day
- ✓ 30 grams of fiber each day
- ✓ 30 grams of protein at every meal

REGISTER NOW



Contact Us
217-357-6540



Visit Our Website
MHTLC.ORG

