

# MANAGING YOUR DIABETES

*Citrus County Health Department*



9am - 10am  
Monday  
Lecanto

---

What is Diabetes?	5/17
Meal Planning	5/24
More About Meal Plans	6/7
Medications & Monitoring	6/14
Sick Days	6/21
Avoiding Complications	6/28

Diabetes classes are offered at the Citrus County Health Department 3700 W. Sovereign Path, Lecanto every Monday from 9:00 - 10:00 AM. Classes are free, no registration is required. Fasting blood sugars are offered between 8:00 -9:00 AM. There is a \$10.00 fee for this service. If you would like your blood sugar checked, please come fasting.

For further information call:  
Anne Black ~ 527-0068 X240  
or  
Carol Burke, RD, 726-5222