

Shop Healthy to Manage your Diabetes with Mercy, Schnucks & Fricks

Take an hour and take control of your diabetes. Join a Mercy dietitian, who is also a certified diabetes educator, and get tips on topics such as how to shop healthy, how to read nutrition labels, simple carbohydrate counting and more. Classes are one hour long and are a combination of instruction and hands-on practice.

WHERE

Schnucks / Meeting Room
Washington, MO 63090

WHEN- 2019 DATES 8:00 am

February 13 / April 10/ June 5 /
August 14/ October 9 / December 18

COST

\$10

HOW TO REGISTER

Preregistration is required.
To register, call 636-390-1684

WHERE

Fricks / Meeting Room
Union, MO 63084

WHEN- 2019 DATES 8:00 am

January 16 / March 13 / May 8
July 17 / September 11 / November 6

COST

\$10

HOW TO REGISTER

Preregistration is required.
To register, call 636-390-1684

