

Free Classes ---

“Healthy Eating for Diabetes”

WHERE: Cameron Regional Medical Center
Conference Room (Come to Main Entrance)

TIME: 10:00 - 11:30 a.m.

Presented by Sally Tyner, MS, RD, LD
of CRMC's Nutrition Department

▶ February 21, 2019

▶ April 4, 2019

▶ June 6, 2019

▶ August 1, 2019

▶ October 3, 2019

▶ December 5, 2019

Patients will learn how to count carbohydrates, read food labels, and plan healthy meals for someone with Diabetes.

Attendees should RSVP to (800) 852-0659, Ext. 3277, or (816) 649-3277 by the Monday immediately preceding the class on Thursday.

CAMERON
MEDICAL



CENTER
REGIONAL

CAMERON REGIONAL MEDICAL CENTER

1600 E. Evergreen; Cameron 64429

(800) 852-0659, Ext. 3277

or (816) 649-3277

Exit 52 off I-35