

# Free Classes ---

## “Healthy Eating for Diabetes”

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

**TIME:** 10:00 a.m. - 12:00 p.m.

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

*(Masks and social distancing will be utilized.)*

▶ February 4, 2021

▶ March 4, 2021

▶ April 1, 2021

▶ June 3, 2021

▶ August 5, 2021

▶ October 7, 2021

▶ December 2, 2021

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