



# Diabetes Conversation Map

Have you been diagnosed with Diabetes? Do you have a friend or family member who has diabetes? Diabetes can be difficult to manage but with education you can take charge of your Diabetes. Community Action Partnership of Mid-Nebraska is offering the following classes free of charge:

**Thursday March 18, 2010**

**“On The Road to Better Managing Your Diabetes”**

6:00 PM to 8:00 PM

**Thursday April 15, 2010**

**“Diabetes and Healthy Eating”**

6:00 PM to 8:00 PM

**Thursday May 13, 2010**

**“Monitoring Your Blood Glucose”**

6:00 PM to 8:00 PM

**Thursday June 10, 2010**

**“Continuing Your Journey with Diabetes”**

6:00 PM to 8:00 PM

Community Action Partnership of Mid-Nebraska

16 West 11<sup>th</sup> Street

Kearney, NE. 68847

For Information Call:

308-865-1354 x 136



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Disparities and Health Equity