

Diabetes Clinic September 2017

August 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1422 Bragg Blvd. 28301 910-483-7534 www.betterhealthcc.org				1	2 
3 	4 LABOR DAY HOLIDAY OFFICE IS CLOSED 	5 Healthy Fats /Bad Fats  8:00 AM	6 Gray's Creek Diabetes Clinic 9:30-11:45 am 2364 School Rd. 28348	7 Healthy Fats/ Bad Fats  5:30 PM	8	9
No Class Today	No Class Today	Exercise Class 5:45 PM-7:15 PM	Exercise Class 9:00 AM-10:30 AM	Exercise Class 5:45 PM-7:15 PM	Exercise Class 9:00 AM-10:30 AM	
10	11	12 SHIIP Information for Medicare Part D Lisa Hughes, MSW 8:00 AM	13 Spring Lake Diabetes Clinic 9:30 AM-12:00 PM Spring Lake Sr. Center 300 Ruth St	14 Cooking Demo 5:30 PM	15	16 
Exercise Class 5:45 PM-7:15 PM	Exercise Class 9:00 AM-10:30 AM	Exercise Class 5:45 PM-7:15 PM	Exercise Class 9:00 AM-10:30 AM	Exercise Class 5:45 PM-7:15 PM	Exercise Class 9:00 AM-10:30 AM	
17 	18	19 Cooking Demo 8:00 AM	20 Gray's Creek Diabetes Clinic 9:30-11:45 am 2364 School Rd. 28348	21 SHIIP Information for Medicare Part D-Lisa Hughes 5:30 PM	22 Happy Fall, Y'all!!!	23
Exercise Class 5:45 PM-7:15 PM	Exercise Class 9:00 AM-10:30 AM	Exercise Class 5:45 PM-7:15 PM	Exercise Class 9:00 AM-10:30 AM	Exercise Class 5:45 PM-7:15 PM	Exercise Class 9:00 AM-10:30 AM	
24	25	26 Diabetes Jeopardy 8:00 AM	27 Gray's Creek Diabetes Clinic 9:30AM-11:45 AM 2364 School Rd. 28348	28 Picky Eaters Jennifer Jackson, RD, CSO, LDN 5:30 PM	29	30
Exercise Class 5:45 PM-7:15 PM	Exercise Class 9:00 AM-10:30 AM	Exercise Class 5:45 PM-7:15 PM	Exercise Class 9:00 AM-10:30 AM	Exercise Class 5:45 PM-7:15 PM	Exercise Class 9:00 AM-10:30 AM	
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