

Diabetes Academy

Saturday,
February 23
10:00 a.m. – 11:00 a.m.

OR

Tuesday,
February 26
5:30 p.m. – 6:30 p.m.



Please join one of our upcoming classes!

*Classes will be held in the
Continuing Education
Building on the BRTC
campus, College
Drive, Pocahontas.*



1410 Hwy. 304 East
Pocahontas, AR 72455
870-248-4180
[www.blackrivertech.edu/
community/cce](http://www.blackrivertech.edu/community/cce) and
click on Pocahontas Campus

Diabetes Academy is a FREE class given by a Diabetes Educator to help you learn about managing diabetes.

Curriculum Includes:

Diabetes Management

- **Diabetes 101** – Covers basic diabetes information and terminology
- **Staying Healthy** – Provides convenient tips for eating healthy and staying active