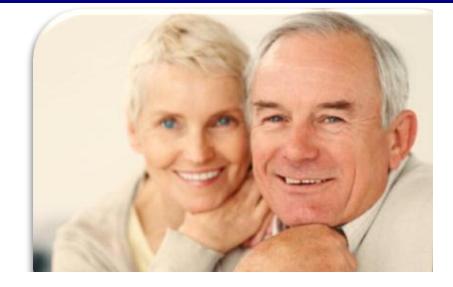
## **Diabetes Academy**

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 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