

Prevent Diabetes Today!

4:30-5:30p Second Thursday of the month

Tentative Schedule

SIH Herrin Medical Arts

SIH Community Classroom

317 S. 14th St., Herrin

1241 E. Main St., Carbondale

	September 12	October 10	November 14	December 12	January 9	February 13
Host	Diabetes Nurse	Registered Dietitian	Exercise Specialist	Diabetes Nurse	Registered Dietitian	Exercise Specialist
Location	Herrin Medical Arts	Carbondale Community Room	Carbondale Community Room	Herrin Medical Arts	Carbondale Community Room	Herrin Medical Arts

	March 13	April 10	May 8	June 12	July 10	August 14
Host	Diabetes Nurse	Registered Dietitian	Exercise Specialist	Diabetes Nurse	Registered Dietitian	Exercise Specialist
Location	Carbondale Community Room	Herrin Medical Arts	Carbondale Community Room	Herrin Medical Arts	Carbondale Community Room	Herrin Medical Arts