



**JOINT TOWNSHIP DISTRICT
MEMORIAL HOSPITAL™**
AN AFFILIATE OF GRAND LAKE HEALTH SYSTEM



Prediabetes Class

2023 Schedule and Registration

Is your blood sugar elevated, but not high enough to be diagnosed as diabetic?

- **This is called prediabetes, and it's a wake-up call that you're on the path to diabetes. However, it's not too late to turn things around.**

DETAILS: The class will be approximately 1-2 hours and will provide education on the following:

- Carbohydrate Counting/My Plate Method- individual calorie needs will be determined
- Correct portion sizes and healthy choices
- How to read food labels
- Take home menus for their calorie needs and will also plan a day of meals for their recommended calorie needs during the class with help from the dietitian

FEE: \$20.00

WHERE: Joint Township District Memorial Hospital conference rooms

REGISTRATION: Class size is limited. Late registrations are accepted based on availability of adequate seating.

DATES/TIMES:

January 31, 2023	9:00-11:00am
March 28, 2023	5:30-7:30pm
May 30, 2023	9:00-11:00am
July 25, 2023	5:30-7:30pm
September 19, 2023	9:00-11:00am
November 28, 2023	5:30-7:30pm

**For more information or to register, call Sue Wiseman R.D., L.D. at
419-394-3335 ext. 1723**