

Lincoln Community Health Center
Monthly Schedule for Diabetes Classes*

November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 What is Diabetes? (What is it, Risk Factors, A1C, Blood Sugar, etc.)	2	3 What is Diabetes? (What is it, Risk Factors, A1C, Blood Sugar, etc.)	4	5
6 Daylight Savings Ends	7	8 Taking Meds (How they work, side effects, administration)	9	10 Taking Meds (How they work, side effects, administration)	11	12
13	14	15 Healthy Eating (Carbs, Starches, Fats)	16	17 Healthy Eating (Carbs, Starches, Fats)	18	19
20	21	22 Reducing Risks/ Being Active (Foot, Eye, Dental Care, Benefits of Physical Activity)	23	24 Thanksgiving	25	26
27	28	29 Healthy Coping/ Problem Solving (Stress Management, Barriers)	30			

*Classes and topics are subject to change without notice.