



# Diabetic? Free Food and Training

One of the best ways to manage diabetes is through the food we eat, but many sufferers aren't sure what to eat and often can't afford the food they should. We help solve these challenges by providing free diabetes specific food and education.

## PROGRAM

- ✓ 7 week diabetic food education
- ✓ \$25 Kroger gift card for each class
- ✓ Access to registered dietician
- ✓ Free diabetic friendly food
- ✓ Free A1C Testing
- ✓ Transportation assistance

## NEXT CLASS BEGINS OCTOBER 6TH

### CLASS SCHEDULE

**Every Friday  
Oct.6-Nov. 17**

10-1130AM

### LOCATION

**Durr Education  
Center**

450 Kenton Lands Rd.  
Erlanger, KY.

### LEARN MORE & APPLY ONLINE

