



FREE DIABETES UPDATES

presented by McLaren Bay Region Outpatient Diabetes Education

WEDNESDAY, SEPTEMBER 15, 2021

4:00 p.m. - 5:30 p.m.

Navigating the Medicare Insurance Maze

Presented by Kristi Reiber of Region 7 Area Agency on Aging

WEDNESDAY, NOVEMBER 3, 2021

4:00 p.m. - 5:30 p.m.

Blood Pressure - Impact on Cardiac, Renal & Diabetes Health

WEDNESDAY, JANUARY 19, 2022

4:00 p.m. - 5:30 p.m.

Supporting Yourself with Diabetes

WEDNESDAY, MARCH 16, 2022

4:00 p.m. - 5:30 p.m.

Experiencing New Foods" Includes food/cooking demo - bring favorite diabetes recipe

WEDNESDAY, APRIL 20, 2022

4:00 p.m. - 5:30 p.m.

1st 100 years of Insulin – Where we've been & where we are going

All classes are held at McLaren Bay Region's Lincoln Center:

820 S. Lincoln St.
Bay City, MI, 48708
(989) 894-9528

Pre-registration is not necessary. Just come and join us for information, support and fun! Feel free to bring a family member or friend.

Diabetes update sessions are provided as a **FREE** service of the Outpatient Diabetes Education Program. McLaren Bay Region offers regularly scheduled Outpatient Diabetes Classes as well. For more information or to schedule a class, call (989) 894-9528.



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