

# DIABETES CLASS



AMH Diabetes Connection holds monthly diabetes classes at Adams Memorial Hospital. The classes focus on carbohydrate counting and dietary management, foot and skin care, exercise, the emotional aspect of diabetes, self-monitoring blood glucose levels, lifestyle tips to help control blood sugar, how specific drug classes prescribed for diabetes work, drug side effects and drug interactions.



**8 AM – 1 PM**



**Conference Room D  
at AMH**

1100 Mercer Avenue  
Decatur, IN 46733

**FEBRUARY 13TH**

**MARCH 12TH**

**APRIL 9TH**

**MAY 14TH**

**JUNE 11TH**

**AUGUST 13TH**

**SEPTEMBER 10TH**

**OCTOBER 29TH**

**DECEMBER 10TH**

To register, please contact **Lisa McAfee,**  
**BSN, RN at 260-724-2145 ext. 11107**