

Let's Talk Diabetes

On the road to better managing
your diabetes or pre-diabetes



This FREE class will cover:

- Overview of diabetes and pre-diabetes
- Blood sugar monitoring
- Managing diabetes with your diet
- Meal planning techniques to fit your lifestyle
- Medication management
- Prevention of chronic diseases & wound care
- Exercise and activity

To RSVP or for more information, please call 303-498-1699. Or sign up now at pvmc.org/events!

Instructor:

Melissa Brunk, RDN, CLC - Outpatient Dietitian

This class is offered on the second
Wednesday of each month from 4-5pm

July 12

August 9

September 13

October 11

November 8

December 13

Class is located at:

Platte Valley Medical Center

Medical Plaza 2

2nd Floor Conference Room

1610 Prairie Center Parkway

Brighton, CO 80601