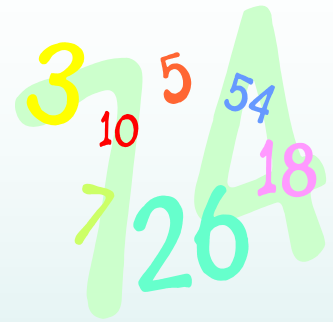


Carbohydrate Counting/ Meal Planning Workshop

*For People with Diabetes or Pre-Diabetes
and their Caregivers*



\$5

Thursday, September 8, 2016 12-1 p.m.

Person County Office Building Auditorium
Lunch & Handouts will be provided

Instructor: Tammy Sanford, RDN, LDN, CDE

Pre-registration is required by September 2nd

**Drop off your \$5 to the Extension Office, Room 149 to register.
Contact Jennifer Grable at 336-599-1195 for more information.**

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