

# *Understanding Diabetes*

a free health class



**UPSON**  
*Regional Medical Center*

## *2017 Class Schedule*

### **Thomaston:**

*Classes are held in the hospital auditorium at 801 West Gordon Street*

9 a.m. - Noon

5 - 8 p.m.

January 4

February 1

March 1

April 5

May 3

June 7

July 5

August 2

September 6

October 18

November 1

December 6

### **Zebulon:**

*Classes are held in the Upson Medical Office Building at 7171 Hwy. 19 South*

*2 - 5 p.m.*

January 12    May 11    September 28

### **Barnesville:**

*Classes are held in the Upson Medical Office Building at 100 Hwy. 18 West*

*9 a.m. - noon.*

March 9    July 13    November 9

## *Diabetes Education*

**visit us at [www.urmc.org](http://www.urmc.org)**

Diabetes is a complex and serious disease, and managing it every day can be challenging. Taught by Certified Diabetes Educator San Short, RN, and Registered Dietitian/Nutritionist Dawn McCoy, this free class covers the basics of diabetes self care.

For more information or to register call  
(706) 647-8111 ext. 1165