

JOHN M. BURGESS WELLNESS CENTER

An Outreach Program with St. Philip's Episcopal Church

550 Henry Ave. SE (Corner of Henry & Sherman) Grand Rapids, MI 49503 616-454-2733

Diabetes Prevention Class

Instructor: Ludie R. Weddle, R.D.

**FREE
CLASSES**

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CLASSES**

| CLASS | DATE | DAY | DAY - TIME | TOPIC |
|-------|---|--------------------|------------------------------|-----------------------------------|
| 1 |  | July 25, 2017 | Tuesday 5:30 PM - 6:30 PM | Risk for Developing Diabetes |
| 2 |  | August 1, 2017 | Tuesday 5:30 PM - 6:30 PM | Healthy Eating |
| 3 |  | August 15, 2017 | Tuesday 5:30 PM - 6:30 PM | Healthy Lifestyle |
| 4 |  | August 22, 2017 | Tuesday 5:30 PM - 6:30 PM | Meal Preparation |
| 5 |  | September 26, 2017 | Tuesday 5:30 PM - 6:30 PM | Shopping Smart & Label Reading |
| 6 |  | October 3, 2017 | Tuesday 5:30 PM - 6:30 PM | Cooking Class |



REGISTRATION IS REQUIRED, class size is limited to 25 participants.

TO REGISTER:

Contact Pam Chapman at 616-454-2733 and leave your name, email and contact number.