



# BCHC hosts **Basics of Diabetes**

## Topics covered:

- What is Diabetes
- Testing and monitoring
- Complications
- Living with Diabetes

**Nutrition**

**Activity**

**Medication**

**Wednesdays, April 11 and 18, 2018**

6:30-8 p.m. • BCHC Conference Room • FREE

Registration required • Call Janet or Brenda at 402-395-3156



**Boone County Health Center  
& Medical Clinics**

[www.boonecohealth.org](http://www.boonecohealth.org)