



Central Ohio Diabetes Association January - March 2017 Education Schedule

Diabetes Self-Management Education & Support series - Call 614-884-4400 to register

January – Wednesdays

January 11, 18, 25, 5:30 pm to 7:30 pm. Plan to attend all sessions.

February- Tuesdays

February 14, 21, 9:30 am to 12:30 pm. Plan to attend all sessions.

March- Wednesdays

March 1, 8, 15, 5:30 pm to 7:30 pm. Plan to attend all sessions.

Inch by Inch: Weight Management & Health Strategies - Call 614-884-4400 to register

January 7, 14, 21, 10 am to noon. Plan to attend all sessions. Registration opens December 8.

March 4, 11, 18, 10 am to noon. Plan to attend all sessions. Registration opens February 2.

Cooking Matters - Call 614-884-4400 to register

Cooking Matters series beginning January 12

Thursdays, January 12, 19, 26; February 2, 9, 16, 10 am to noon - Registration opens December 13.
To graduate, participants must attend no fewer than 4 of the 6 classes.

Cooking Matters series beginning March 7

Tuesdays, March 7, 14, 21, 28; April 4, 11, 6 pm to 8 pm - Registration opens February 3.
To graduate, participants must attend no fewer than 4 of the 6 classes.

Brush-up Presentations - Call 614-884-4400 to register

Tuesday, February 7, 6 pm to 7 pm: **Weight Loss & Maintenance: Strategies and results from rapid weight loss to long-term maintenance.** Registration opens January 6.

Thursday, April 13, 6 pm to 7 pm: **Strategies to Manage the Psychological aspect of Diabetes.**
Registration opens March 14.

Diabetes Support & Empowerment Group - Call 614-884-4400 to register

Tuesdays, January 3, 17; February 7, 21; March 7, 21, 6 pm to 7 pm