



# Healthy *living with* Diabetes

*Kentucky Department for Public Health*

**Our free, nationally accredited and recognized diabetes education\* workshops are now available on line. You can join us from your own home using a phone, tablet or computer. Get the latest information on taking care of your diabetes. Develop a healthy eating and activity plan that works for you. Also, get tips on taking medication and reducing your risks for short and long-term complications.**

**To register, contact our  
Diabetes Education Coordinators  
Kelly Dawes, RN, CDCES, MLDE  
(270) 522-8121 Ext: 212 or  
Nancy Hiner, RD, CDCES  
[diabetes@lfchd.org](mailto:diabetes@lfchd.org) or 859-288-2344**



**Kentucky Public Health**  
Prevent. Promote. Protect.



The American Diabetes Association  
Recognizes this education service as  
meeting the National Standards for  
Diabetes Self-Management Education  
and Support.

**DEAP**  
DIABETES EDUCATION  
ACCREDITATION PROGRAM

**AADE** American Association  
of Diabetes Educators

