

2010 ABCs of DIABETES Classes

The ABCs of Diabetes program is a FREE four-part series. You must attend all four classes in the session you choose. Registration is required to attend.

JANUARY

Warren Public Library
9701 E. 21st St., 46229
Thursday 7, 14, 21, 28
1:30 – 3:30 p.m.

FEBRUARY

Wayne Public Library
198 S. Girls School Rd.,
46231
Wednesday 3, 10, 17, 24
1:30 – 3:30 p.m.

Central Public Library
40 E. Saint Clair St., 46204
Thursday 4, 11, 18, 25
5:30 – 7:30 p.m.

MARCH

**Southport
Public Library**
2630 E. Stop 11 Rd., 46227
Wednesday 3, 10, 17, 24
1:30 – 3:30 p.m.

APRIL

**Glendale
Public Library**
6101 N. Keystone Ave.,
46220
Wednesday 7, 14, 21, 28
1:30 – 3:30 p.m.

**Marion County
Health Department**
3838 N. Rural St., 46205
Thursday 8, 15, 22, 29
5:30 – 7:30 p.m.

MAY

Nora Public Library
8625 Guilford Ave., 46240
Monday 3, 10, 17, 24
1:30 – 3:30 p.m.

**Franklin Road
Public Library**
5550 S. Franklin Rd., 46239
Wednesday 5, 12, 19, 26
1:30 – 3:30 p.m.

JUNE

**Speedway
Public Library**
5633 W. 25th St., 46224
Thursday 3, 10, 17, 24
5:30 – 7:30 p.m.

Shelby Public Library
2502 Shelby St., 46203
Wednesday 9, 16, 23, 30
1:30 – 3:30 p.m.

JULY

**East 38th Street
Public Library**
5420 E. 38th St., 46218
Tuesday 6, 13, 20, 27
1:30 – 3:30 p.m.

AUGUST

**Irvington
Public Library**
5625 E. Washington St.,
46219
Tuesday 10, 17, 24, 31
1:30 – 3:30 p.m.

SEPTEMBER

**Southport
Public Library**
2630 E. Stop 11 Rd., 46227
Wednesday 8, 15, 22, 29
5:30 – 7:30 p.m.

Pike Public Library
6525 Zionsville Rd., 46268
Thursday 9, 16, 23, 30
1:30 – 3:30 p.m.

OCTOBER

**West Indianapolis
Public Library**
1216 S. Kappes St., 46221
Tuesday 5, 12, 19, 26
1:30 – 3:30 p.m.

Central Public Library
40 E. Saint Clair St., 46204
Wednesday 6, 13, 20, 27
1:30 – 3:30 p.m.

NOVEMBER

**Lawrence
Public Library**
7898 N. Hague Rd., 46256
Monday 1, 8, 15, 22
1:30 – 3:30 p.m.

- Instruction will be given on medications, nutrition, exercise, monitoring, complications and available community resources.
- Attendees will participate in individual consultations with a registered dietitian, registered nurse and health educator.
- The class is open to anyone with diabetes or pre-diabetes and their family members and friends.



MARION COUNTY
HEALTH DEPARTMENT
Making a Difference

**CALL 317-221-2094 to register for classes
or
REGISTER ONLINE at www.mchd.com/diabetes**