

# HEALTH EDUCATION CLASSES

## PREDIABETES, DIABETES & WEIGHT LOSS

THIS CLASS WILL TEACH YOU THE SCIENCE OF CARB COUNTING, ALONG WITH MENU PLANNING AND FOOD SELECTIONS TO HELP REDUCE YOUR BODY WEIGHT AND PREVENT OR MANAGE TYPE 2 DIABETES

### WHEN

TUESDAYS 2/12; 2/19; and 2/26  
(5:30p-6:30p)

### WHERE

**Bethesda Medical Associates**

10215 Fernwood Rd. Ste 50 Bethesda, MD 20817

\$75 COST INCLUDES • Meal Plan • Lecture Material •  
Handouts • Recipes • Parking Validation

Call 301-574-0569 for more information or to enroll

[WWW.BETHESDAMED.COM/WELLNESS/DIETITIANS-CORNER](http://WWW.BETHESDAMED.COM/WELLNESS/DIETITIANS-CORNER)

## FUTURE CLASSES IN 2019

### MARCH 2019

Nutrition and Training  
For Aging and Vitality  
Mondays 5:30p-6:30p

### APRIL 2019

Boost Your Brain Through  
Diet and Lifestyle  
Wednesdays 9:30a-10:30a

### FALL CLASSES

September—TBD

October—TBD

November –TBD

