

Bourbon County Cooperative Extension Service, 603 Millersburg Road, Paris, KY 40361  
Telephone: (859) 987-1895 FAX: (859) 987-3120 E-mail: liz.kingsland@uky.edu



Sponsored by  
**Bourbon County Cooperative Extension Service**  
and  
**Bourbon County Health Department**

## **SERIES OF CLASSES TO HELP CONTROL YOUR DIABETES**

**Tuesdays—March 5, 12, 19 and 26**  
**at 5:30 pm - classes last about 1 hour**

**CLASSES ARE FREE**

Each class includes a lesson about an important topic related to diabetes control, recipes and sampling and physical activity

**Taught by Kelli Mattox, RN and Liz Kingsland, MS**

**Classes held at Bourbon County Health Department**  
**341 East Main Street, Paris, KY 40361**

**Call to register 859-987-1895**