

COVENANT HEALTHCARE DIABETES SELF-MANAGEMENT 2022-2023 Continuing Education Series

ADULT OUTPATIENT PROGRAM

TUESDAY, NOVEMBER 1, 2022

In Honor of National Diabetes Month
Interactive food demonstration with
Chef Daniel Najera

TUESDAY, MAY 16, 2023

The Diabetes/Cancer Connection
Eating for better health

TUESDAY, JANUARY 17, 2023

What's New in Diabetes
Medications and technology

TUESDAY, JULY 18, 2023

Using Food Labels
Product comparisons

TUESDAY, MARCH 21, 2023

Go Beyond the Numbers
Understanding your log book and
lab values

TUESDAY, SEPTEMBER 19, 2023

Exercise
Fitting exercise in to your busy life

FREE TO THE PUBLIC

All sessions are held:

- 5:30 - 6:30 pm
- Covenant HealthCare
5400 Mackinaw, Saginaw, MI 48604
Lower Level Conference Room

Call Covenant HealthCare Diabetes
Self-Management at **989.583.5193**:

- For questions or to register.
- For more information on how to schedule
an individual, class or virtual visit.



Extraordinary care for every generation.

