


Diabetes Support Group

Breckinridge County Extension Community Building
1377 S. Hwy 261, Hardinsburg, KY 40143

Tuesday, November 12th
1:30 – 2:30 p.m. CT

-  Relaxed group setting
-  Recipe sampling
-  Nutritional Information
-  Door prize
-  FREE

November Topics:

- Healthy Holiday Recipes
- Holiday Stress Management



Call 270-756-0711 or 270-756-2182 for more information

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Disabilities
accommodated
with prior notification.