



# TRIAD CLASSES

July, August, September 2016

*(Taking responsibility in addressing diabetes)*

*Offered to OCHC Patients/Families using Physical Activity/Nutrition to Control Diabetes*

Date	Class	Time
July 6 <sup>th</sup>	I love you, salt, but, but your breaking my heart.	11:00 am
July 27 <sup>th</sup>	Carb Counting Meal/Exercise/Medications	7:00 am
August 10 <sup>th</sup>	Label Reading (bring your labels in question)	11:00 am
August 31 <sup>st</sup>	Understanding Dietary Fat & Body Fat	7:00 am
September 14 <sup>th</sup>	Sports Nutrition & Weight Loss	11:00 am
September 28 <sup>th</sup>	Carb counting Meal/Exercise/Medications	7:00 am

- All classes held at OFF Education Class room.
- Don't forget to sign up for class. Fun giveaway's given at each class.
- Attend 1 class per month along with your 2x per week check in at OFF to earn your monthly \$25 dollar gift card!

