



# Healthy *living with* Diabetes

*Kentucky Department for Public Health*

**Our free, nationally accredited diabetes education workshops are now available online. You can participate using your phone, tablet or computer.**

Join us from your own home for a four week series to learn the latest information on managing diabetes, including healthy eating, developing an active lifestyle, taking medications and reducing your risk for long-term complications.

To register, contact Kelly Dawes, RN, CDCES, MLDE [kellyr.dawes@ky.gov](mailto:kellyr.dawes@ky.gov) or (270) 522-8121 Ext: 212 or Nancy Hiner, RD, CDCES [diabetes@lfchd.org](mailto:diabetes@lfchd.org) or (859)-288-2344



**Kentucky Public Health**  
Prevent. Promote. Protect.



Gateway District Health Dept



**Public Health**  
Prevent. Promote. Protect.  
**Franklin County**  
Health Department

**DEAP**  
DIABETES EDUCATION  
ACCREDITATION PROGRAM

**AADE** American Association  
of Diabetes Educators

