



Den
DIABETES EDUCATION NETWORK

The Coffee Club *Health Education Classes*

Join our Monthly Coffee Club Classes.

For ONLY \$10 per class.

Learn how to manage your health, improve your lifestyle behaviors .

Helping you achieve your health goals

Here's what to expect

- * Qualified health educators
- * Research based education
- * Handouts
- * Useful health tools
- * Friendly environment
- * Confidentiality
- * Education to suit your needs
- * Light refreshments



CONTACT INFORMATION

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Education session 10-11am

*Please endeavor to arrive on time.
The class will start promptly at 10pm.
Arrive at 945 am to get your
refreshments and register.*

Spring Education Class Schedule 2014

Thursday January 9th

Be a fat a Calorie Detective

Thursday February 13th

Healthy Eating

Thursday March 13th

Being Active- a way of life

Thursday April 10th

Take Charge of what's around you

Thursday May 8th

4 Keys to healthy eating out

Thursday May 8th

**SMARTER
WAY TO
LEARN**

Diabetes Education
Network

Leading the way in
diabetes treatment and
education in The
Bahamas, DEN offers
compassion
combined with research
based care.

Mission

To prevent and treat
diabetes in The Baha-
mas

Vision

To reduce the number
of new cases of
diabetes and empower
people with
diabetes to lead a
healthy life



Voucher \$5 off

Bring a full paying friend to the class and get your
class for half price!

With this voucher!