

# Free Classes in 2017 --- “Healthy Eating for Diabetes”

**WHERE:** Cameron Regional Medical Center  
(Come to Main Entrance)

**TIME:** 10:00 - 11:30 a.m.

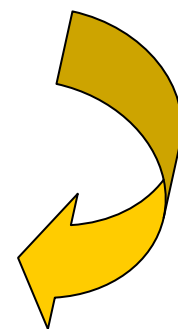
Presented by Sally Tyner, MS, RD, LD  
of CRMC’s Nutrition Department.

▶ June 1

▶ August 3

▶ October 5

▶ December 7



Patients will learn how to count carbohydrates, read food labels, and plan healthy meals for someone with Diabetes.

Attendees should RSVP to (800) 852-0659, Ext. 3277, or (816) 649-3277 by the Monday immediately preceding the class on Thursday.

**CAMERON**  
MEDICAL



**CENTER**  
**REGIONAL**

**CAMERON REGIONAL MEDICAL CENTER**

1600 E. Evergreen; Cameron 64429

(800) 852-0659, Ext. 3277

or (816) 649-3277

**Exit 52 off I-35**