

GREENUP COUNTY EXTENSION  
FAMILY AND CONSUMER  
SCIENCES EDUCATION  
PRESENTS

COOPERATIVE EXTENSION

 University of  
Kentucky  
College of Agriculture,  
Food and Environment



## Weekly Learning Sessions

**WHEN:** Thursdays at 12:00 Noon

March 2, 2017—Diabetes Basics

March 9, 2017—Managing Diabetes

March 16, 2017—Physical Activity

March 23, 2017—A1C

March 30, 2017—Blood Pressure & Cholesterol

April 6, 2017—Think Your Plate

April 13, 2017—Getting Routine Care

**WHERE:** Greenup County Extension Office  
35 Wurtland Avenue  
Wurtland, KY 41144

Classes are FREE, but registration is required due to limited space.

**YOU MUST ATTEND ALL SESSIONS.**

**Contact the Extension Office at (606) 836-0201 to register by Feb. 24.**

**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.