

Know Diabetes By Heart

Take charge of your risks

Know Diabetes By Heart (KDBH), sponsored by the American Diabetes Association and American Heart Association, is a free, online education session.

The program aims to help participants better understand the link between diabetes and heart disease.

By participating in this one-hour session, you will learn more about:

- How diabetes and heart disease are related to increased risks;
- How to take control of your risks;
- How to access community and clinical resources.

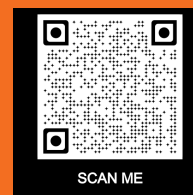


INFO

Upcoming Class:

March 22, 2022
11:00 am -12:00 pm

Register for the free online course at:
<https://knowdiabetesbyheart.eventbrite.com>
or scan the QR code below.



Please contact Emily Sweatt for more details:
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