



## Summer Schedule - Classes for 2017

### Tuesday's / Martes: Beth, Dee (Instructors) and Translator

**Diabetes / Diabetis 101 classes:** 9:00 AM – 11:00 AM (unlimited patients sign up)

**Hypertension/Hipertension 101 Classes:** 12:00 PM– 1:00 PM (unlimited patients sign up)

### Wednesday's/ Miercoles: Maryanne Fanty (licensed dietician, and nutritionist) and Translator

**Nutrition: Nutricion Class/ Weight Management: Control de Peso:** 10:00 AM – 11:00 AM (2- 3 patients)

**Nutrition: Nutricion Class / Weight Management: Control de Peso:** 11:00 AM – 12:00 PM (2 – 3 patients)

### Thursday's / Jueves: Dr. Powell, Dee, and Cassandra (DM) (Instructor)

**Symbolic Living (Meditation Class): Espiritu, Cuerpo y Alma Clase de Meditacion:** 9:00 -10:30 AM (every other week)

**Smoking Cessation: Ayuda para dejar de Fumar–** 11:00 AM – 12:00PM (unlimited patients)

Talk to Janeth to schedule any other classes for Thursday for Smoking Cessation (schedule is flexible).

**DM Nutrition Class /Nutricion de Diabetis Clase:** 12:00 PM – 1:00PM (Unlimited patients)

**MORE CLASSES TO COME! :)**

**Todas las classes estan disponibles en Espanol! ☺**

