

appointment only.

| MON | | TUE | WED | THU | FRI |
|------------------------------------|----|---|---|-----|---|
| | | | Gestational Diabetes10:45amDiabetes Meal Planning1:00pm | 2 | Nutrition for Kids ³ 1:00pm |
| Weight Management 1:00pm | 6 | 7 | Gestational Diabetes810:45am8Diabetes Meal Planning1:00pm | 9 | 10 |
| Weight Management 1:00pm | 13 | 14 Nutrition for Diabetes 5:00pm | Gestational Diabetes1510:45am15Diabetes Meal Planning11:00pm1 | 16 | 17 Nutrition for Kids 1:00pm |
| Weight Management 1:00pm | 20 | 21 | Gestational Diabetes2210:45amDiabetes Meal Planning1:00pm | 23 | 24 Nutrition for Kids 1:00pm |
| Weight Management 1:00pm | 27 | 28 | | 30 | 31 |

All classes are in the Nutrition Education Room located on the 3rd floor of HHM Health Vickery Location.

Note: Gestational Diabetes Classes are by

