

Diabetes Improvement Group (DIG) 2019 SUMMER AGENDA, FALL/ WINTER DATES

June 10th 5pm-6pm Location: Marshbanks Hall, Mars Hill University
Intro to YOGA, then Goal setting and behavior change with Linda Darress, LCSW

July 8th 5pm-6pm. Location: Madison County Extension Office, 258 Carolina Lane, Marshall, NC, 28753: *Special cooking demonstration by Sue!*

August 12th 5pm-6pm. Location: Marshall Library, 1335 north Main Street, Marshall, NC 28753. *Plant-Based Foods Presentation by Ramesh Bjonnes from Prama Wellness Institute.*



Fall/winter locations/topics TBD

September 9th 5pm-6pm

October 14th 5pm-6pm

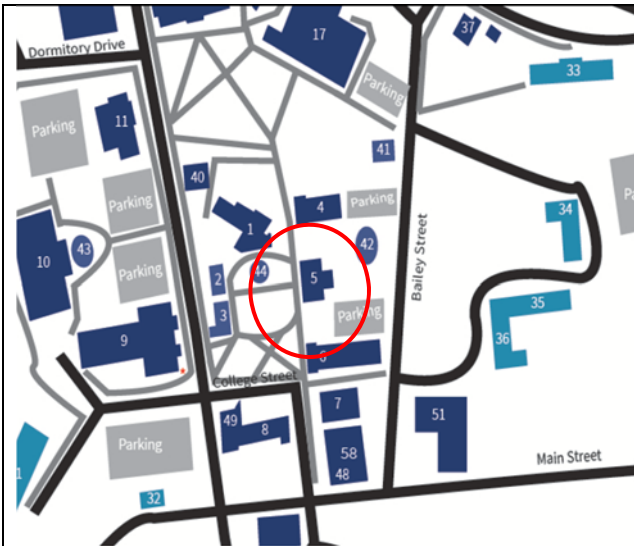
November 11th 5pm-6pm

December 9th 5pm-6pm

Digging deeper for Diabetes Management

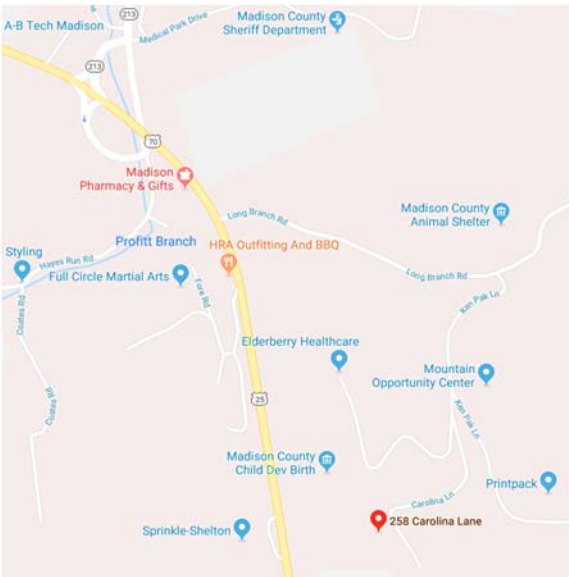


HWY 213



Parking along College Street in Mars Hill. Walk toward Owen Theater, and then turn Left to walk along the north edge of the quad. Marshbanks Building is Building 5, the one with the bell tower.

Madison County Extension Office -258 Carolina Lane



Marshall Library

