



NOVEMBER

Nutrition Class Calendar

Join these hands-on classes taught by our Registered Dietitian to learn how to improve your health with your diet.



Note: Diabetes SMA are by appointment only.

MON	TUE	WED	THU	FRI
		1	2	3
6	Diabetes SMA 3pm Burmese	7	8	9
		Diabetes SMA 11am English 1pm Spanish	Diabetes SMA 3pm Rohingya	10
				Diabetes SMA 11am English 1pm Spanish
13	Diabetes SMA 3pm Burmese	14	15	16
		Diabetes SMA 11am English 1pm Spanish	Diabetes SMA 3pm Rohingya	17
				Diabetes SMA 11am English 1pm Spanish
Thanksgiving & Diabetes Nutrition Cooking Class 1pm	20	21	22	23
	Diabetes SMA 3pm Burmese	Diabetes SMA 11am English 1pm Spanish		24
27	28	29	30	
		Diabetes SMA 11am English 1pm Spanish		

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