



# Diabetes Education Classes

## Effingham Schedule

*Registration is required. Cost of classes varies.  
Please ask about billing and insurance coverage.*

### 4 Week Comprehensive Diabetes Education

5:30 – 6:30 pm

- Monday, October 22
- Monday, October 29
- Thursday, November 1
- Monday, November 5

Classes located in St. Anthony's Convenient Care Building  
801 West Temple, Effingham, IL 62401

**Be on the lookout for future Sessions.**

### Starting in November

Mondays 5:30 – 6:30 pm

- November 19 & 26
- December 3 & 10

### Starting in January

Thursdays 5:30 to 6:30 pm

- January 10, 17, 24, & 31



**Individual Appointments for Diabetes Management,  
Insulin Administration, & Insulin Pump Issues Available.**

*To register or for more information contact  
Adrienne Jarrell, MS, RD, CDE or Tracy Dennis, MS, RD  
217-347-1346*