



Mary Lanning
H E A L T H C A R E

Carbohydrate Counting Class

Wednesday, November 19
3:30-5 p.m.

Conference Room #5, MLH
North Entrance

Learn to recognize high-carbohydrate foods, choose appropriate portions, calculate carb intake and determine carbohydrate needs. Tuition is reimbursable through Medicare and some insurers.

Please call 402-461-5318 to register.



www.marylanning.org