



Hospital Offers **FREE** Community Educational Courses

We are planning to offer these free classes on the first Thursday each month, 12:30 -1:30 in the private dining room of Emanuel Medical Center. A brown bag lunch will be available for convenience, and we are asking for pre-registration in order to have enough baglunches available.

- October 6 – USDA “My Plate” icon replacement of the Food Pyramid
- November 3 – Diabetes
- December 1 – Christmas Disease, Factor Deficiency
- January 5 – How to read my hospital bill & EOB
- February 2 – Cholesterol Screening
- March 1 – Planning for long term care

These are all interesting and vitally important topics for everyone. There is no cost for attending and future topics will be announced as we get closer to February. The doctors, nurses, and staff of EMC urge everyone to attend.

To register, please call 478-289-1309.