

# 2019 Diabetes Webinars

Friday, February 15, 2019 at 12:00 p.m.

## Carbohydrate Counting: Consistency Matters

*presented by Jessica Clifford, RD  
Colorado State University Extension*

- ☺ Understand carbohydrate counting
- ☺ Discover the benefits of carbohydrate counting
- ☺ Learn ways to apply carb counting when considering daily meals & snacks

**Broadcast live at 7 Colorado locations.**

**NO fee, but registration requested.**

- ✓ *If you have a disability for which you need accommodation, indicate when registering.*

### Locations & Registration Phone Numbers

<b>Logan County CSU Extension – Meeting Room</b> -----	970-522-3200
508 S. 10 <sup>th</sup> Avenue, Suite 1, Sterling	
<b>Morgan County CSU Extension – Meeting Room</b> -----	970-542-3540
914 East Railroad Avenue, Fort Morgan	
<b>Phillips County Event Center – Ortner Room</b> -----	970-854-3616
22505 U.S. Highway 385, Holyoke	
<b>Pueblo County CSU Extension</b> -----	719-583-6566
701 Court Street, Suite C, Pueblo	
<b>Washington County CSU Extension – Meeting Room</b> -----	970-345-2287
181 Birch Avenue, Courthouse Annex, Akron	
<b>Wray Community District Hospital – South Education Room</b> -----	970-332-2352
1017 West 7 <sup>th</sup> Street, Wray	
<b>Yuma Library</b> -----	970-848-2368
910 South Main, Yuma	