

*CEU Class being offered in District 11-Lake Charles*

Topic: **“Fighting Diabetes through Recreation”**

**Date: September 23, 2015**

**Time: 9:30am – 1:30pm**

**Place: Purple Heart Gym**

**4305 Avenue H**

**Lake Charles, LA 70601**

**337-491-1277**

Speaker: Karen DeMourelle, RN, MN, CDE Diabetes Education  
Director for Lake Charles Memorial Main Campus and  
Moss Memorial Hospital

Certified Fitness Instructor will lead exercise session

For more information contact Amanda Johnson

District 11 Chair at 337-515-5633

Come take the Diabetes Risk Test and see what recreational  
activities we have to offer and lower your risk!!!

Total possible CEU's earned = .3  
2-15minute breaks and a 30 minute lunch included

**Sponsored by the City of Lake Charles  
Recreation and Parks Department**

**Door Prizes and Heart Healthy Lunch will be served**

