

Free Health Classes

Search "KNOX COUNTY HEART HEALTH AND DIABETES" to learn more

Heart Healthy Living:

Ready to make a change for a healthier heart? Sign up to learn about healthy eating, physical activity, and more!

When? *Every February, May, August, and November*

Scan To Sign Up :



Manage Type 2 Diabetes:

Want to better manage your diabetes? Sign up to learn about diet, exercise, day-to-day management, and more!

When? *Every January, April, July, and October*
Spanish-Speaking Classes: *March, July, and November*

Prevent Type 2 Diabetes:

12-Month Diabetes Prevention Program

At risk for Type 2 Diabetes and ready to make a change? Call or email to find out if you qualify today!

When? *New classes starting every month!*

Ready to Sign up?

📞 865-215-5170

✉ nutrition@

knoxcounty.org