



DIABETES

Do you know if you are at risk?



Did you know that over **20 million Americans** have diabetes and most of them do not even know they have it!

This lecture will help you get your diabetes under better control to prevent complications, and also help you understand how to reduce your risk of developing diabetes later in life.

When:	Wednesday, November 10th, 6pm
Location:	Orchard Hills Athletic Club (birthday party room)
Speaker:	Laura Z. Morris, RD, LDN, CDE Certified Diabetes Educator

To Register for this **FREE**
Seminar Contact:

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