

Save the Date!

2022 Diabetes Health Fair

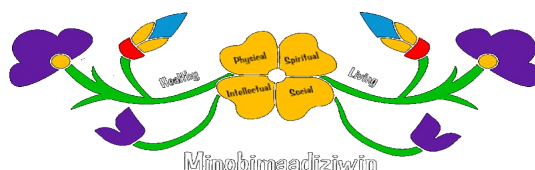
Elder's Dining Room at the Wellness Center
Wednesday, November 16th, 2022
2:30pm-5:30pm

Information will be available on

- ◇ Diabetes-Friendly recipes
 - ◇ Food Samples
 - ◇ Foot Care
- ◇ Smoking Cessation
 - ◇ Heart Health
- ◇ Diabetes and Pregnancy/Breastfeeding
 - ◇ And much more!

Learn how to take control of your diabetes!

This event is free and open to those who want to learn more about diabetes and related health topics



Sponsored by PCHC Community Health Dept. For more information, contact Mary Sikora-Petersen at 715-588-3371 ext. 1903