

Spotlight On:

Nutritional Tips For Managing Diabetes

Did you know that, in most cases, diabetes can be controlled by what you eat? If you follow some simple guidelines you may be able to reduce or eliminate the need for medication to regulate your blood sugar levels.

Take charge of your health by attending this event designed to help you make an immediate and positive impact on your health!

Speaker

Michelle S. Ali, MPA, RD
Director, Food and Nutrition Services

Date

Thursday, March 21, 2019

Time

5:30-7PM

Location

Trinitas Cafe
225 Williamson St.

For More Info

Call us at
908-994-5139

