



ARE YOU AT RISK FOR DIABETES?

If you are overweight, over 40 or have a family history of diabetes...
join our Diabetes Educators for an informative session to learn about:

- * Diabetes Disease Process
- * Meal Planning
- * Risk Reduction Strategies
- * Exercise

Mercy Hospital held @ Marian Professional Center

May 8, 2008 @ 6:00 p.m.
August 12, 2008 @ 6:00 p.m.
October 7, 2008 @ 6:00 p.m.

Kenmore Mercy Hospital

March 6, 2008 @ 6:00 p.m.
July 30, 2008 @ 6:00 p.m.
November 26, 2008 @ 6:00 p.m.

St. Joseph Hospital

June 2, 2008 @ 7:00 p.m.
September 8, 2008 @ 9:00 a.m.
December 1, 2008 @ 9:00 a.m.

Appletree Business Park, Cheektowaga

April 7, 2008 @ 6:00 p.m.

Registration Required! Spaces are Limited!

Call CHS HealthConnection at 447-6205.