



CNY Diabetes Prevention Partnership
in association with
Cayuga Community Health Network, Inc.

Invite you to our 4th Annual
“Lunch & Learn” Series:
Making Positive Choices for your Health!



**FREE
PRIZES!**

WHERE:

Knights of Columbus
47 Market Street, Auburn NY

WHEN:

July 16 ~ Learning to Eat Smart, *Christine Gutelius, MA, RD, CDN*
July 23 ~ Taking Steps to Get Moving ~ *Steve Komanecky, Fitness Director, YMCA*
July 30 ~ Learning to Eat Smart ~ Part 2, *Christine Gutelius, MA, RD, CDN*
August 6 ~ Learning to Eat Smart ~ Part 3, *Christine Gutelius, MA, RD, CDN*
August 13 ~ Taking Steps to Get Moving ~ *Mena Hansinger, Fitness Director, YMCA*
August 20 ~ Learning to Eat Smart ~ Part 4, *Christine Gutelius, MA, RD, CDN*

WHO SHOULD ATTEND?

Anyone with type 2 diabetes.
People with loved ones with diabetes.

Lunch provided!

TIME:

12:00 – 1:00 pm

Sign up early * Space is Limited * Program is free of charge!

Contact: Suzanne Hai, Cayuga Community Health Network, Inc.
315.252.4212 or assistant@cayugahealthnetwork.org



RAFFLES!

A Wellness Education Program for individuals with diabetes or their caregivers.