

TAKE CHARGE

of your Diabetes

Saturday, September 26 • 12-3pm
Cayuga Community College
(handicap accessible) **Student Lounge**

**RAFFLES &
GIVEAWAYS!**

TOPICS

"Exercise & Diabetes: Getting Started and Sticking to It"

Ann Bowdoin, BS, SCE & NESTA
Certified Personal Trainer
Exercise Physiologist,
Upstate Medical University

"The Sweet Truth About Sugars and Sugar Substitutes"

Melissa Entenmann, MS, RD, CDE
Penn Traffic Company,
Corporate Dietician

"CHIPS: Control Health Individualized Portion Sizes"

Mary Lou Barrette RD,
Nutrition Consultant



Who Should Attend?

Anyone with Type 2 Diabetes,
Family Members, Caregivers

Representatives Available:

Port Byron Community
Health Center
Cayuga County
Department of Health

RSVP

Suzanne Hai, Coordinator
CNY Diabetes Prevention
Partnership
(315) 252-4212

This is a FREE
Diabetes Workshop!!!