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Date: 10/26/2015 3:07:52 PM

Subject: FW: Free "Diabetes and You" workshop November 4th in Columbia - LOCATION CHANGE!

Attachments: [Diabetes_and_You.pdf](#)

From: Aydlette, Kim

Sent: Monday, October 26, 2015 11:19 AM

To: Haltiwanger, Katherine

Subject: FW: Free "Diabetes and You" workshop November 4th in Columbia - LOCATION CHANGE!

Importance: High

From: Wilkie, Valerie

Sent: Monday, October 26, 2015 11:17 AM

To: OHRGroup

Subject: FW: Free "Diabetes and You" workshop November 4th in Columbia - LOCATION CHANGE!

Importance: High

FYI

Greetings from PEBA Health and Wellness,

You are invited to attend a free lunch and learn workshop on diabetes, presented by Ms. Amy May RD LD CDE, Educator, Diabetes and Obesity Marketing at Novo Nordisk Inc. The workshop is November 4, 2015 from noon until 1 p.m. in the Canal Room at the EdVenture Children's Museum.

Diabetes & You

- What is diabetes and why does it happen?
- Risk factors and signs of diabetes
- Managing diabetes
- Making a plan for staying active
- Checking and managing your blood sugar
- Coping with diabetes

Please see the attachment for more information about workshop details, lunch and registration.

Best regards,
Ramsey

[Ramsey E. Makhuli, MPH](#)
Health and Wellness
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