

Type 2 Diabetes Prevention & Diet Management Classes



One hour class presented by Registered Dietitian Linda Rowsick, Certified by state of New York. Participants are welcome to bring their lunch.



CLASS OBJECTIVES

Label Reading & Shopping:

Learn how to read the Nutrition Facts Label to get the information that will HELP you. Learn how to navigate the choices at the grocery store to select the foods that taste good while helping you achieve your blood glucose goals.

Register:

Call the Wellness Department at **585-396-6111**.

Cost:

Registration fee of \$15 includes class materials. Register with a friend for a discount to take class together for \$25. Registration fee is non-refundable.

| Topic | Date | Time | Location |
|--|---|----------------|---|
| Label Reading & Shopping FEE: \$15 or 2 co-registrants- \$25 | Thursday, December 7 Registration deadline: Monday, December 4 | 12-1 pm | George Ewing/Associate Conference Rooms Minimum: 10/ Maximum: 30 |