

Diabetes, Sodium & Fat, Oh My!



Join **Dietitian & Editor** of the new Canada's 250 Essential Diabetes Recipes Cookbook, **Sharon Zeiler** and learn about ...

- high blood pressure & cholesterol with tips on prevention and management
- how to read product labels & make healthier food choices at home and on the go
- ways to reduce salt and fat in your diet without sacrificing taste and much more!

This session is broadcast live via videoconferencing.

When: Thursday, March 22, 2012
6:30 p.m. to 8:30 p.m.

Where: North Lambton Community Health Centre, Forest Site
59 King St. W., Forest

Who: People with diabetes, at risk, caregivers, etc.

Cost: **FREE**

FOR MORE INFORMATION, OR TO REGISTER, CALL:

(519) 332-0373

****Please PREREGISTER BY MAR. 19/12. Seating limited.****



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