

Diabetes At Work

Diabetes Prevention & Control Program

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Please join the
Diabetes Prevention & Control Program
for an exciting
Diabetes At Work “lunch and learn”.
This session will be devoted to **Diabetes Self-Management**. Whether you have diabetes or not, bring your lunch or a snack and don't miss out on this **informational time to learn about proper nutrition, fitness, and a variety of ways you can stay healthy and still manage your diabetes.**

Date: Monday, November 22, 2004

Time: 12:00 p.m. to 1:00 p.m.

Place: 16th floor Conference Room

CARB COUNTING FOR THE HOLIDAYS