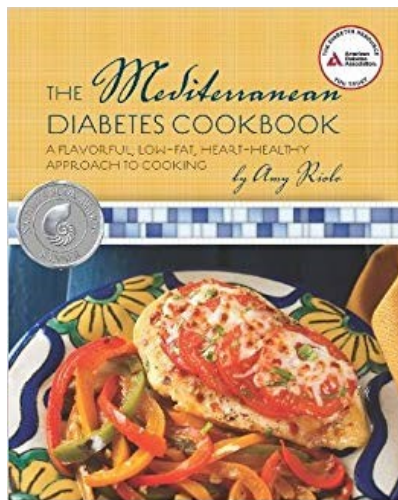


East Longmeadow Health Department Presents

A Special ELPL Eats: Diabetes Prevention & Awareness

**Presentation by Registered Nutritionist:
Katie Defoe-Raymond, MS, RD, LDN**



Topics covered include:

- **Basic nutrition for all**
- **Diabetes tips, facts & myths**
- **Living with diabetes**

Prepare and bring your favorite recipe to eat!



Public Health
Prevent. Promote. Protect.
East Longmeadow
Health Department

Tuesday, November 13, 2018
EL Public Library
6:00 pm - 7:30 pm
Registration is required
Call 525-5400 ext. 1508

