

St. Mary of the Assumption Health Ministry Program

Type Two Diabetes

You are invited to learn about Type Two Diabetes. What are the risk factors? What signs and symptoms should I look for? How do I prevent this? How do I make sense of food labels?

SATURDAY, FEB. 8

5:15-7:00 p.m.

St. Mary Family Center

Healthy Meal Provided

**Presenter: Amanda Evans, MS, RDN,
CDE, Registered Dietician , Munson
Medical, Charlevoix Hospital**

