

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**

