



Thursday, February 2, 2017

Fallbrook Library

124 S. Mission Rd.

6:00 p.m. – Social/ Refreshments

6:30 p.m.—7:30 p.m. Presentation/Door Prizes

Featured Presentation:

“Diabetes and Nutrition

Pre-Diabetes and Diabetes are significant health issues in our communities and no one is immune. Learn how diet and exercise can reverse the effects of this disease from someone who is a Registered Dietitian/Nutritionist, Certified Diabetes Educator, Certified Nutrition Support Clinician, and Board Certified in Advanced Diabetes Management.

Presented by:

Janice Baker, MBA, RD, CDE, CNSC, BC-ADM

Free Event including Light Refreshments • Door Prizes

**Please Note: No need for Reservations at this time
Please plan to attend and bring a friend!**

**Questions? Contact Pam Knox at pknox@fallbrookhealth.org
Or call 760-731-9187**

Please bring non-perishable food items for Fallbrook Food Pantry

