

**NOTE LOCATION!**



**Thursday, July 11, 2019**

**COMMUNITY ROOM**

**1636 E. MISSION RD.**

**6:00 p.m. – Social & Refreshments**

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

*Featured Presentation:*

## ***“Living with Type 2 Diabetes”***

*Many of you may be familiar with our speaker, Gabriella Carena, FNP. She has long-served the community and has 21 years of experience specializing in diabetes and women’s health.*

*This is a great opportunity to learn how to prevent or delay diabetes and it’s complications.*

*The presenter will focus on helping us learn more about the “carb counting diet” to improve sugar control in the body and better plan our meals.*

*Presenter:*

*Gabriella Carena, FNP*

*Family Nurse Practitioner - Graybill Medical Group.*

**Free Event including Refreshments • Door Prizes**

**Please plan to attend, bring a friend and**

**please bring a non-perishable food donation for the Food Pantry**

**Questions? Contact Pam Knox at [pknox@fallbrookhealth.org](mailto:pknox@fallbrookhealth.org)**

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