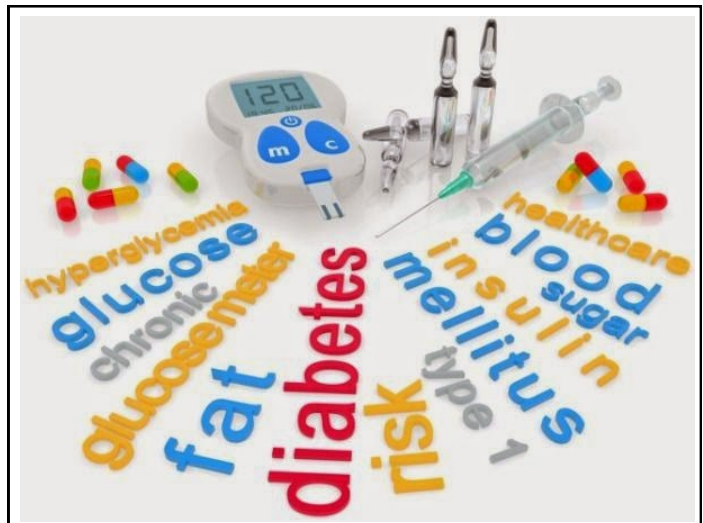


UNDERSTANDING DIABETES

- What is diabetes?
- Diabetes Type 1
- Diabetes Type 2
- Blood sugar
- Glucose
- Insulin
- Carbohydrates
- Foods to eat
- Foods to avoid



Tuesday
January 29, 2019
10 am to 12 noon