



HEALTHY LIFESTYLES DIABETES AWARENESS

Healthcare Education Series



Experts will be on hand to discuss symptoms, treatments, and information key to improving individual and community health.

Bring the entire family!

- What is diabetes
- Risk factors of diabetes
- Meal planning
- Monitoring blood sugars
- Medications
- Reducing risks
- Physical activity



To register, call Community Engagement at (208) 901-3212

March 6th, 2019

4:00pm - 5:00pm

Valor Health Community Education Classroom 1024 Fernlee Street
