



Your choices play a big part in staying healthy.

Your choices can have a big effect on your health. Eating a balanced diet and getting regular exercise are beneficial to your overall well-being — and they're also important to preventing and managing Type 2 diabetes. Get a free blood glucose screening to help determine if you're at risk for diabetes and then join us for a lecture on managing prediabetes and diabetes. We'll talk about who's at risk, signs and symptoms of prediabetes, tests to diagnose the condition and treatment options.

FREE BLOOD GLUCOSE SCREENING

5:30-6:30 p.m. | Both nights

The blood glucose screening uses a glucometer that analyzes the level of blood sugar in your body. A finger is typically pricked using a lancet. A drop of blood is applied to the glucometer's test strip and results are identified within a few seconds.

Complimentary refreshments will be served.

TUESDAY, NOV. 14 | 6:30-8:30 P.M.

Speakers: Olga Calof, MD, board certified in endocrinology, diabetes and metabolism
Doris Yamanoha, MS, RDN, certified diabetes educator

Moderator: Nikki Robles, RDN, clinical nutrition manager

Location: Providence Little Company of Mary Medical Center Torrance
Center for Health Education
(next to the Outpatient Diagnostic Center)
4101 Torrance Blvd. | Free valet parking


THURSDAY, NOV. 30 | 6:30-8:30 P.M.

Speakers: Olga Calof, MD, board certified in endocrinology, diabetes and metabolism
Amy Esposito, RD, registered dietitian

Moderator: Phyliss Flannigan RD, clinical nutrition manager

Location: Providence Little Company of Mary Medical Center San Pedro
DeMucci Conference Center
1300 West 7th St. | Free parking

SEATING IS LIMITED. Reserve your space today.
Call 888-HEALING (432-5464) or visit ProvidenceClasses.org.

 **PROVIDENCE**
Little Company of Mary
Medical Centers
San Pedro and Torrance