



Diabetes... Putting It Together

*A Workshop for
People at Risk
for Diabetes*

Monday October 26 , 2009

11:30 - 1:00 p.m.

(Registration - 11:15 a.m.)

FREE

*Light
Refreshments*

**Cornell Cooperative Extension Otsego County
31 Maple St, Oneonta NY**

Key Program Components

Diabetes Basics
Risk Awareness
Prevention
Meal Planning
Physical Activity Tips

To Register

(by October 23, 2009)

or For More
Information

Call 547-2536 x 235

Offered by:

Cornell Cooperative Extension of Otsego County

