

Diabetes Prevention Workshop:

The Importance of Simple Lifestyle Changes

Join our registered dietitian and certified diabetes educator at our Diabetes Prevention Workshop to learn how you can take control of your health and prevent diabetes.

When: June 10, 2010

Time: 5:30 to 7:30 p.m.

Where: Sutter Medical Foundation
2700 Low Ct.
Fairfield, CA 94534

Cost: \$20, nonrefundable
(Unless the workshop is cancelled)

- *How can I prevent diabetes?*
- *Will I ever eat bread again?*
- *What should I eat?*
- *How can I reduce my stress?*
- *How much should I exercise?*
- *How can I keep the weight off?*
- *Are carbs bad for me?*

Please complete and return the registration form below. If you have any questions, please call (707) 436-2595.

Diabetes Education
Accreditation Program

 American Association
of Diabetes Educators

TEAR ALONG DOTTED LINE

Registration for Preventing Diabetes Workshop:
Please make check out to Sutter Medical Foundation

Mail registration form and check to: Sutter Medical Foundation, Attn: Quality Management Department, 2720 Low Ct., Fairfield, CA 94534

Name: _____ Phone Number (____) _____ - _____

Address: _____

City: _____, State _____ Zip _____

You will receive notification of registration by phone and letter.



Sutter Health
Sacramento Sierra Region
With You. For Life.