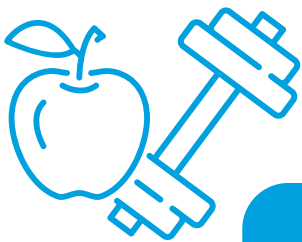




# TRIAD

## Nutrition Class:

# Eating Well For Diabetes



**Tuesday, January 14th**

**11:00 - 11:45 am**

**Please join Registered Dietitian and Certified Diabetes Care and Education Specialists to discuss how foods impact your blood sugars and how to apply this to create well rounded meals and snacks!**

**RSVP**

**Contact Ryan Engel to reserve your spot!**

**Location**

**Oneida Family Fitness Center  
Conference Room**



A good mind. A good heart. A strong fire.