

TRIAD  
NUTRITION CLASS:  
**BENEFITS OF  
BREAKFAST**

Please join Registered Dietitian and Certified Diabetes Care and Education Specialist to learn more about the benefits of breakfast for your overall health and blood sugar control!



**Wednesday, April 8<sup>th</sup>**



**11:00-11:45 AM**



**Oneida Family Fitness  
Conference Room**

**RSVP**

Contact Ryan Engel to reserve  
your spot!



**920.490.3804**



**ONEIDA**

Comprehensive Health Division