



## Diabetes Prevention and Education Center

Offers a variety of **FREE** sessions focused on Nutrition, Behavior, Support, Cooking Demonstrations and more, in both English and Spanish.

### Diabetes and Wellness Fair

**Date:** Wednesday, July 20, 2016

**Time:** 11 a.m. to 1 p.m.

**Place:** Abrams Public Health Building  
3950 S. Country Club Road

**Come and meet some of the instructors and take the challenge to be entered in the big raffle!**

- ♥ Food Demo
- ♥ A1C Tests by YMCA (\$10)
- ♥ Natural Grocers Booth
- ♥ American Diabetes Association Booth
- ♥ Bird's Nest Baking Company Booth
- ♥ Tour the facilities

### FEATURING FREE SAMPLES AND RAFFLE PRIZES FROM:



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fresh from our nest to yours



Contact: (520) 874-6477, [tucsondiabetes@bannerhealth.com](mailto:tucsondiabetes@bannerhealth.com) or visit [uahealth.com/diabetescenter](http://uahealth.com/diabetescenter)