



ALAMEDA HOSPITAL'S NUTRITIONAL SERVICES AND
THE WOMEN'S HEALTH CENTER PRESENTS:

PRE-DIABETES: PREVENTION AND TREATMENT TIPS FOR MEN AND WOMEN

Presented by: Ayn Garvisch, R.D.



- What is Pre-Diabetes?
- How do I know if I or someone in my family is at risk?
- What lifestyle changes can I make to stop the progression to Diabetes?
- Practical tips for the entire family.

Wednesday, May 7, 2008

2:00 p.m.—3:00 p.m.

Women's Health Center, 1st Floor

FREE

Space is limited. Reservations are required.

Please call (510) 814-4362 to reserve your space today.

