

Finding A Balance

*Prevention of Diabetes
and Its Complications*

Nine-Week Series,

at Cornell Cooperative Extension Orange County
18 Seward Ave, 3rd Floor, Middletown

Presented by Annemarie Stephens,
Nutrition Program Educator

IF YOU:

- ✓ Have a diagnosis of Prediabetes or Type 2 Diabetes
- ✓ Care for someone with Type 2 Diabetes or Prediabetes
- ✓ Are concerned about Prediabetes or Type 2 Diabetes (perhaps strong family history)

Come to this
FREE, FUN & INTERACTIVE
9-week workshop and learn how to
create balanced, healthy and
affordable meals that address
your concerns about diabetes!



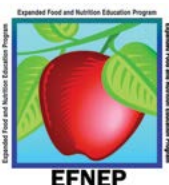
Taking Control of Diabetes is all about FAB -- Finding A Balance!

You'll learn tips &
tricks for organizing
your life to make

living with diabetes easier, and how to prevent diabetes from developing.



- ✓ Every week, you'll try new physical activities & sample a new recipe!
- ✓ Learn how to develop a strong support system (including health-care providers, family and friends)



Cornell University
Cooperative Extension
Orange County

cceorangecounty.org

**Call
344-1234
for information**