

# STOPPING DIABETES STARTS NOW

Join us at a free Diabetes Health Fair to help educate community members about all aspects of diabetes

## Washington Hospital Diabetes Health Fair

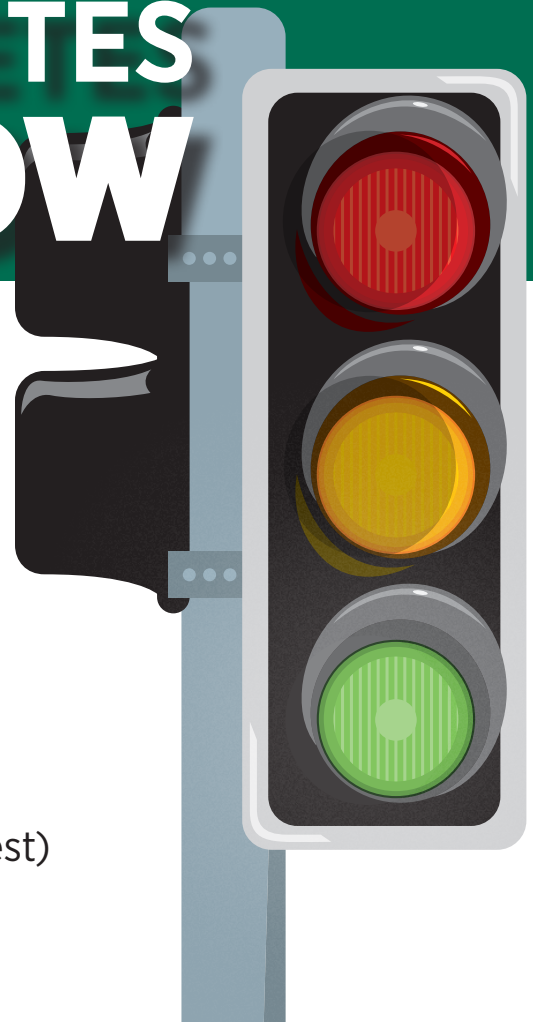
Saturday, November 20, 2010

8 a.m. to 12 p.m.

Conrad E. Anderson, M.D. Auditorium

2500 Mowry Ave., Fremont (Washington West)

Register online at [www.whhs.com](http://www.whhs.com) or call (800) 963-7070 for more information



### LEARN ABOUT DIABETES TREATMENT AND PREVENTION

Educational materials • Vendor booths • Blood sugar screenings  
Blood pressure screenings • Cooking demonstration

#### — SCHEDULE —

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|-----------------------|---|
| 8 to 9 a.m.           | Free screenings (glucose, A1C and cholesterol)<br>Education booths<br>Get answers to your questions from experts in the field!                      |
| 9 to 10 a.m.          | <b>Welcome and keynote address</b><br>David T. Tay, M.D., Internal Medicine<br>Washington Hospital Medical Staff                                    |
| 10:15 to 11 a.m.      | <b>Learn how exercise can help diabetes</b><br>Mike Rogers, Certified Athletic Trainer<br>Washington Hospital Healthcare System                     |
| 11:15 a.m. to 12 p.m. | <b>Cooking demonstration: Learn about healthy eating</b><br>Anna Mazzei, R.D., Certified Diabetes Educator<br>Washington Hospital Healthcare System |



Washington Hospital Healthcare System

Investing in the health of the community.