

Washington Hospital Diabetes Health Fair

Saturday, November 19, 2011
Conrad E. Anderson, M.D. Auditoriums
2500 Mowry Avenue, Fremont

Register online: www.whhs.com
or call (800) 963-7070



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— SCHEDULE —

8 to 9:30 a.m. **HEALTH FAIR**

Blood glucose and cholesterol screenings (*You do not have to fast.*)
Blood pressure screenings
Health and nutrition information and much more

ASK THE EXPERT

Your opportunity to speak to an endocrinologist (*Please limit to one or two questions. Physician will answer as time permits.*)

General foot screenings by a podiatrist

9:30 to 10:30 a.m. **POSITIVITY: A POSITIVE APPROACH TO MANAGING DIABETES**

Paulette Grilli, R.N.

Washington Hospital Healthcare System

10:30 to 11 a.m. **HEALTH FAIR CONTINUES**

11 a.m. to 12 p.m. **COOKING DEMONSTRATION**

Anna Mazzei, Registered Dietitian and Certified Diabetes Educator

Alfredo Macias, Chef, Washington Hospital Healthcare System

Continental breakfast and afternoon snack will be provided.



Washington Hospital Healthcare System

Investing in the health of the community.