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# HEALTH & WELLNESS



## DIABETES VIEWPOINT:

*A Panel of Experts from  
Washington Hospital  
Healthcare System*

If you would like to submit questions in  
advance for our panel, please email Vida  
Reed, R.N., CDE at [vida\\_reed@whhs.com](mailto:vida_reed@whhs.com).



**Ash Jain, M.D.**  
Cardiologist



**Prasad Katta, M.D.**  
Endocrinologist



**Anna Mazzei, RD, CDE**  
Registered Dietitian



**Vida Reed, R.N., CDE**  
Washington Hospital Diabetes  
Program Coordinator

## Diabetes Matters

A free, monthly diabetes education class with expert speakers that provides science-based information to help all community members increase knowledge about diabetes. Individuals and families who live with diabetes are encouraged to attend. No registration required. (Stay for the Diabetes Support Group from 8 to 9 p.m.) Learn more at [www.whhs.com/diabetes](http://www.whhs.com/diabetes).

**Thursday, September 1, 2011**

**Lecture: 7 to 8 p.m. Support Group: 8 to 9 p.m.**

Conrad E. Anderson, M.D. Auditorium, Rooms A, B & C  
Washington West, 2500 Mowry Ave., Fremont

- Seminars are free and open to the public.
- To register or for more information, please visit [www.whhs.com](http://www.whhs.com) or call (800) 963-7070.
- Seminars are televised on InHealth, a Washington Hospital Channel (Comcast Channel 78) and online at [www.inhealth.tv](http://www.inhealth.tv).