

# Dinner and Discussion

Thursday, November 7, 2019 6:00pm-7:30pm

Hospital Conference Center

(Located at 147 S. First Street in Harbor Beach)

## Diabetes Management Through the Holidays



This Event is Free and  
Open to the Public!

## Evening will Include:

- Diabetes Approved Catered Holiday Dinner
- Food Demonstration
- Healthy Holiday Recipes
- Exercise Physiologist Info Session
- Creating a Healthy Mindset Info Session
- Dietician Info Session and Q&A
- Resources to Monitor and Manage Diabetes
- Handouts, Giveaways, and More!

Hosted by: Michelle Pasiak, RN & Diabetic Education  
Instructor as well as a panel of community experts.



RSVP by November 1st by Calling Laura at (989)479-5023

**HARBOR BEACH**  
**COMMUNITY HOSPITAL**  
*Your Safe Harbor for Great Healthcare!*