

# women and wellness



## Understanding Pre-Diabetes

Diabetes is a worldwide epidemic. Most of us know that. What you may not know is that our bodies give us early warning signs through Pre-Diabetes. Recognizing it and taking action can help you avoid diabetes altogether.

Join us for our special Women and Wellness presentation by Registered Dietitians and Certified Diabetes Educators from the Diabetes Center at North Florida Regional Healthcare. You will leave understanding what Pre-Diabetes is and what you can do.

Bring your questions. We'll have answers.

### Thursday, March 19

6:00 p.m. – 7:00 p.m.

NFRMC Main Lobby

Serving diabetes-friendly hors d'oeuvres. Free valet parking is available. Please RSVP by March 18. Call 1-800-611-6913.



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REGIONAL HEALTHCARE