

# ABC'S Of Diabetic Health



Free Workshop on Monday, June 24<sup>th</sup>, 6:30 pm

This workshop is free to anyone who is interested and who might find it helpful to learn how to better take care of yourself when wrestling with diabetes. Education is important if we want to live longer.

- Know your numbers
- Prevent complications
- Make changes to stay healthy

Presenter:

Mary Jo Atchison, MS, RD, CDE of McLaren Orthopedic Hospital who has 10 years experience as a diabetes educator, 4 years hospital experience, 20 years home care and hospice.

The workshop will be held at the Community Mental Health building, 812 E. Jolly Rd, the Atrium, Lansing. The workshop is free to the public but an RSVP is requested for planning of seating and refreshments. RSVP Judy Hazle at [hazle@ceicmh.org](mailto:hazle@ceicmh.org) or 517-346-8238.

Check in between 6:00-6:30 and enjoy some refreshments. Following the presentation you will have a chance to dialogue with the speaker.

Other upcoming educational events on Diabetes:

July 10<sup>th</sup> at 2:00-3:30 pm -Diabetes Workshop with presenter Sara Bolduc R.D. held at 812 E. Jolly Rd, in the Atrium (the Community Mental Health building)