

Diabetes 101

Lunch & Learn

Get educated on:

- Identifying risk factors
- The role of exercise
- How diabetes is diagnosed
- Nutritional information
- How to monitor blood sugar
- How to set practical health goals

Taught by Susan Griffin, RD, LD, CDE
Supervisor, Diabetes and Nutrition Education
The Kirklin Clinic of UAB Hospital

Nov. 9, noon-1 p.m.
Lister Hill Library
Edge of Chaos Cafe

- or -

Nov. 10, noon-1 p.m.
Hospital West Pavilion
Conference Center Room D

