

Sweet Life

Free Diabetes Education & Support

Mary & Dick Allen Diabetes Center

Diabetes and Nutrition Series
“Spring Time Cooking”

Cooking Demonstration by
Executive Chef Sam Sellona and
Lecture by Mary D'Avila, RD, CDE

Audience: Adults with diabetes, their families and friends.
Anyone interested in nutrition and diabetes.

Date: March 19, 2013

Time: 5:30p-7:30p

Location: Mary & Dick Allen Diabetes Center
Conference Room 5
520 Superior Ave. #150
Newport Beach, CA 92663

Register: <http://hoag.org/education-events>
800-400-4624

Objective: Spring is in the air! Learn how to make fresh and healthy foods that will help maintain your blood glucose.

