

**A DIABETES EDUCATION SERIES WILL BE
PRESENTED BY THE GREENWICH
DEPARTMENT OF HEALTH ...**

**NANCY RYAN, MS, RD, CDE, A CERTIFIED DIABETES
EDUCATOR AND REGISTERED DIETITIAN.**



**Ms. Ryan will present the program on three Saturdays,
March 13, April 3, and April 17, 2004 from 9:00 am - 2:00 pm at
Greenwich High School.**

PLEASE CALL 622-7850 TO REGISTER

**This is a FREE multi-series diabetes self-care program for anyone with
diabetes and their significant others. By attending the session, you will be
able to arm yourself with the information that you need to finally be able
to control your diabetes.**

Ms. Ryan will help you to:

- **Learn preventive care**
- **Measure and control your blood sugar**
- **Design meal plans**
- **Understand your medications**

**The program is sponsored by the Greenwich Department of Health and
Greenwich Continuing Education. To receive a copy of the Continuing
Education Catalogue, please call 203-625-7474, 7475, 7477.**

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