

Eating Well To Prevent Diabetes

Sunday, November 4th 11:45 am

Valley Forge United Methodist Church

Please join us to hear expert speaker, **Carolyn Farhy MS, RDN, LDN**, nutrition educator with Main Line Health for more than 10 years, who specializes in programs educating the public in a wide range of nutrition topics.

*And Pastor Jim will lead us in a 10-minute **fun** exercise break!*



Topics:

- ~ Why is Diabetes so dangerous?
- ~ Can Type II Diabetes be prevented?
- ~ If I have diabetes already, is there anything more I can do?
- ~ What is Glycemic Index?
- ~ Does physical activity help?
- ~ So many diet plans - which one is best?

Healthy snacks and beverages will be served. Please email laurievitale@comcast.net or valleyforgeumc@comcast.net for more information. *Everyone is welcome to this free event!*
(Daylight Savings begins the night before - Fall Back-turn clocks back 1 hour.)