

DIABETES HEALTH FAIR

STEP BY STEP - THE ROAD TO HEALTH

REMEMBER
TO FAST
8 HOURS
PRIOR TO BLOOD
WORK

NOVEMBER
10TH

7:00 - 10:00 am

ST. MARYS CATHOLIC CHURCH

7TH AND BIRCH IN RIFLE

A **health fair** designed
for those who are **at risk** for or
have been **diagnosed** with **diabetes**.

For a low cost, participants can receive lab work such as; A1C, lipid panel, and urine micro-albumin.
For \$15, participants can receive their annual flu shot.

There will also be many more free screenings, including foot, eye, meter checks, blood pressure check, fingerstick blood glucose and information on diabetes prevention including nutrition and exercise.

NOVEMBER
IS DIABETES
AWARENESS
MONTH!



Diabetes Management Program
AT GRAND RIVER HOSPITAL AND MED CAL CENTER

exceptional healthcare, locally

For more information contact

Grand River
Hospital & Medical Center

Changing Lifestyles
970.625.6200

FERIA DE SALUD DE DIABETES

RECUERDE
AYUNAR
8 HORAS
ANTES DEL EXAMEN
DE SANGRE

PASO A PASO - EL CAMINO A LA SALUD

NOVIEMBRE
10TH

7:00 - 10:00 am

ST. MARYS CATHOLIC CHURCH

7TH AND BIRCH IN RIFLE

Una Feria de Salud diseñada
Para los que estan a riesgo de, o
Han sido diagnosticados con diabetes.

Por un bajo costo, participantes pueden recibir examen de laboratorio como;
A1C, panel lipido, micro-albumina de orina.

Por \$15, participantes pueden recibir su vacuna anual de flu.

Tambien Habra muchos mas exámenes gratis, incluyendo revision de ojo y pies, presion arterial, glucosa en la sangre por medio de picar el dedo, e informacion de prevencion de diabetes incluyendo nutricion y ejercicio.

NOVIEMBRE
ES EL MES DE
CONOCIMIENTO
DE DIABETES!



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