

got health?

Free Health Talks to Help You Get and Stay Healthy

How's your "sugar?"

**Are you or someone you love at risk for diabetes?
Many people are, and don't know it.**

JOIN US!

Thursday, January 15, 2015 ♦ 12:10 – 12:50 pm

Kate Gleason Auditorium

Central Library of Rochester and Monroe County
115 South Ave. • Rochester, NY

THIS TALK WILL COVER:

- What is diabetes ("sugar")?
- Who gets it?
- Can diabetes be prevented?
- How do you know if you have it?
- How do you live with diabetes?

Our speaker is Elizabeth McKinley, Nurse Practitioner from the University of Rochester Medical Center, where Strong Memorial Hospital is located

HEALTHY SNACKS AND FREE RAFFLE!

This **got health?** talk is sponsored by the **Center for Community Health** in partnership with the Central Library of Rochester and Monroe County.



The Central Library is accessible to people with disabilities. To request specific accommodations, call 585-428-8304 ten days prior to the program.