

# Got Health?

## Free talks to help you get and stay healthy

### How's your "sugar"?

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

*Join us to learn more about diabetes— who gets it, can it be prevented, how do you know if you have it, and how to live with this disease.*

**Date:** Thursday, January 18, 2018

**Time:** 12:10-12:50 p.m.

**Location:** Kate Gleason Auditorium,  
Central Library of Rochester and Monroe  
County, 115 South Avenue, Rochester,  
NY 14604

**Presenter:** Elizabeth McKinley, Nurse  
Practitioner at University of Rochester  
Medical Center

Learn more at:  
[urmc.rochester.edu/community-health](http://urmc.rochester.edu/community-health)



### Healthy Snacks & Free Raffle

This Got Health? talk is sponsored by the Center for Community Health & Prevention 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.

Can't attend? Join us on the Central Library's Facebook page for a live broadcast.



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& Monroe County**  
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