

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, November 14, 2019

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

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

Presenters: Alicia Bell, MD, Preventive Medicine Resident, URM

Learn more at:
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 & 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.



**Central Library
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Monroe County**
Monroe County Library System



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