



Diabetes & Your Heart

Tuesday, January 24 • 10:30 a.m. - Noon

Riverview Diabetes & Nutrition Center
1041 Hill Street, Lower Level, Wisconsin Rapids

Learn about the Lipid Panel

What is it? How often should it be drawn? What should your numbers be?

Learn about Fat, Sodium & Fiber

What are their food sources? How do you read food labels so you can reduce your fat and sodium and increase your fiber?

Learn about Hypertension

What is it? What medications are used to treat it?

Learn the Signs & Symptoms of Heart Attacks & Strokes

Led by Rebecca White, MS, RD, CDE, Linda Race, RN, CDE
& Gaynal Hofmeister, RN, CDE of Riverview Diabetes & Nutrition Center

Riverview

DIABETES & NUTRITION CENTER

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