

TURN IT AROUND SHASTA!

STOP DIABETES BEFORE IT STARTS

YOU ARE INVITED!

FREE VIRTUAL EVENT!

AUGUST 26, 2020
5:30pm - 7:30pm

If you struggle with your weight, have a family history of diabetes, or have high blood sugar, this event is for you! It's never too late to turn your health around.

PRIZE DRAWING!

Three GARMIN Vivosmart® HR+ Smartwatches!

To Register:

Call 530-229-8498 or go to www.sfymca.org/dpp

Event subject to change.

Hear from keynote speaker Dr. T. Nanda Kumar and individuals who have turned their health around.

A screening of new PBS documentary

BLOOD SUGAR RISING

AMERICA'S HIDDEN DIABETES EPIDEMIC



Healthy cooking demonstration with Chef Pam Buono of Bella Cucina.



Shasta County
Health & Human
Services Agency

