

Healthy Living Series!



Type 2 Diabetes: Are You at Risk?



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Director,
Bariatric Services
St. Mary Medical Center

Monday, March 9

5 pm

Portage Township YMCA

3100 Willowcreek Road, Portage, IN 46368

One in four Americans with diabetes is undiagnosed. Could you be one of the 8 million Americans who has diabetes and doesn't know it? Attend this half-hour presentation and learn more about your risk for getting Type 2 diabetes and how you can prevent it.

**This seminar is FREE and open to the public.
Registration is required.**

To register call:

219-836-3477 or toll free: **866-836-3477.**

Light refreshments will be served.



PORTAGE TOWNSHIP YMCA



ST. MARY Medical Center

*Better
Together!*