



NOVEMBER IS DIABETES AWARENESS MONTH

Want to know more about Diabetes?

American Diabetes Association and the Lions Club want to educate you...

Featuring Speaker Dr. Jim Yamashita

Who: VIPs (Visually Impaired Persons) and their families and friends

When: Saturday, November 17, 2018

Time: 1:00 pm to 3:00 pm **(PRESENTATION STARTS AT 1:30 pm)**

Where: Pearl City Public Library, 1138 Waimano Home Road

Learn about:

The Biology of Diabetes
Screening for Diabetes
The Treatment of Diabetes
Diet and Exercise
And enjoy a few diabetes friendly snacks



Please sign up by November 5 with Sharon Ige 892-9477 or email her at sharonige003@hawaii.rr.com

EVERYDAY

REALITY