



NEW HORIZONS

DIABETES AWARENESS MONTH

Diabetes is a condition that happens when your blood sugar (glucose) is too high. As we age, our bodies produce less insulin, a hormone needed to manage blood sugar levels. Continued high blood sugar levels causes other health problems like heart disease, nerve damage and others. This session will talk about the lifestyle changes diabetics may need to adapt related to cooking and nutrition. Join us for a partnership w/ Cornell Cooperative Extension Ulster County for a conversation and hands on cooking workshop to learn about controlling diabetes! Menu includes: Asian turkey lettuce wrap and banana nice cream.

TUESDAY, NOVEMBER 24TH AT 2:00 PM

ELLENVILLE SENIOR HOUSING COMMUNITY ROOM
15 HEALTHY WAY ELLENVILLE, NY

PLEASE REGISTER BY NOVEMBER 20TH

CALL (845) 647-6400 EXT 215

NEW START TIME

ERHNY Ellenville Regional Hospital | ELLENVILLE REGIONAL RURAL HEALTH NETWORK

ULSTER COUNTY NEW YORK | Department of Health