

## **Diabetes Support Group**

## Meal Survival Tips for the Holidays

Presented by Cara Vande Berg, MS, RDN

Registered Dietitian with the Hui Pono - Ornish Program

November 6, 2018

Learning Center 2<sup>nd</sup> floor, 4:00 to 5:00 pm



<sup>\*</sup> Contact Colleen Talich at 932-3034 for more information \*