

# November is Diabetes Awareness Month



## 2016 Diabetes Roundtable Discussions

7:30 - 8 A.M.

Check-in & enjoy a healthy breakfast

8 A.M.

Rotate through these 30-minute presentations:

*"MyPlate 4 the Holidays"*  
Jennie Simpson, RD, LD, CDE

*"Feet First (Foot Exams)"*  
Karl Johnson, DPM  
Kristin Klingenstein, DPM

*"Move More for Better Management!"*  
Sara Tansey, MS

*"The Mindful Management of Diabetes"*  
Ruth Townsend, MS

*Blood pressures offered throughout the event*  
Susan Martin, RN

### DATE & LOCATION

Saturday, November 19, 2016  
Alaska Regional Hospital  
Ivy Rooms, First Floor  
2801 DeBarr Road

### RSVP

Seating is limited.  
Please reserve your space  
to the ARH Event Registration  
Hotline at 264-1722 or  
[alaskaregional.com/  
classes&events](http://alaskaregional.com/classes&events)



[www.alaskaregional.com](http://www.alaskaregional.com)

