

# Free Lunch & Learn



## Diabetes and Nutrition

Presented by: Tom Strong

Learn what foods are recommended to eat and which ones to avoid. Tom Strong discusses how you can prevent and control diabetes by eating right. Also learn the cause of diabetes and how it is treated in this easy to understand presentation.

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**Thursday, August 22nd, 2019**

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**11:30 AM: Complimentary Lunch**

**12 - 1 PM: Tom Strong Presentation**

**PLEASE DO NOT ARRIVE PRIOR TO 11:00 AM**

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RSVP to Danielle Shaffstall at  
440.281.2932 or [dbozicevich@riverview-pointe.net](mailto:dbozicevich@riverview-pointe.net)  
by Thursday, August 15th, 2019.

**Brunswick Pointe Transitional Care Center**

**4355 Laurel Road, Brunswick, Ohio 44212**