

WINTER WELLNESS FOR DIABETES.



Join our dietitians and diabetes educators and learn how to manage your diabetes through the holidays, cold weather and stress. Recipes and cooking demonstrations by chef Heather VanHorn will be included.

**Thursday, November 15, 6:00 p.m., Marycrest Auditorium, 2nd Floor,
Hospital Building, 700 West Avenue South, La Crosse**

To register call 608-392-9717.
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