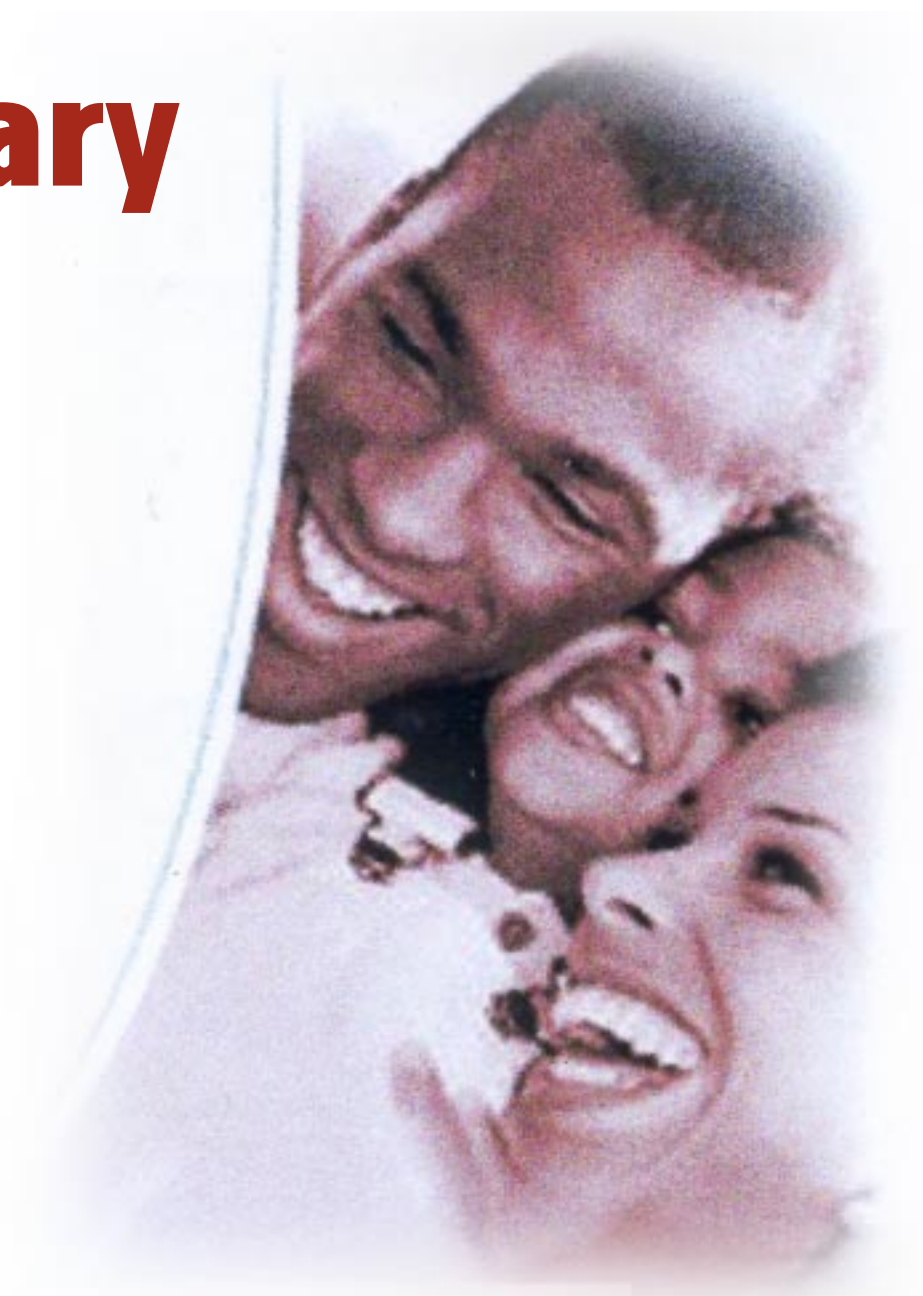


**Anne Arundel County Public Library**

Presents

# **Diabetes - Now It's Personal**

Saturday, September 13, 2003 from 1-3 P.M.



## **- AGENDA -**

- Welcome/Introduction  
Ruby Jaby,  
Crofton Branch Manager
- Diabetes - What is it/  
Management and Prevention  
Maureen Shackelford  
A.A. County Health Dept.
- Diet and Nutrition  
Ruth Kershner  
A.A. County Health Dept.
- Exercise  
Chekesha Catlin  
AAMC Community  
Health and Wellness
- Library Resources  
Ruby Jaby
- Evaluation and Prize Drawings

## **- RECEPTION -**

Please join us for light, diabetes-friendly refreshments and an opportunity to speak with some of our presenters.



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