



Life Focus

Nutrition Centers

Linda Arpino & Associates, Inc. 558 Westchester Avenue Rye Brook NY 10573

DIABETES 101: DIABETES & NUTRITION

Conducted by: Dina Marino, RD, CDN, CDE

This two hour class offers an opportunity to learn the skills needed for effective diabetes management. Learn problem solving strategies to help better understand the balance of food, physical activity, medication and stress on blood sugar levels. Create healthy lifelong eating habits, and learn to prepare healthy heart recipes.

Main Topics to be addressed:

- 1) Understanding diabetes
- 2) Basic principles of diabetic meal planning & physical activity
- 3) Carbohydrate Counting, understanding food labels, dining out

WHEN?

Class will be held on first Saturday of each month:

Saturday October 24^d 10:00 am -12:00 noon

Saturday November 7th 10:00 am - 12:00 noon

Saturday December 5th 10:00 am - 12:00 noon

WHERE: 558 Westchester Ave, Rye Brook, New York, 10573
TO REGISTER CALL (914) 935-0123 or fax this

COST? ___\$50.00 per person for 1 session (2 hours) or two sessions for \$95.00 or three sessions for \$125.00 *Receive Linda Arpino's signed book: **Eat Fit, Be Fit: Health and Weight Management Solutions for \$10 less than list price with this registration: \$15.00.** Visit www.lifefocusnutrition.com to learn more our center!*

Send this registration to: Linda Arpino & Associates, Inc. by fax to (866)293-4500 or mail: 558 Westchester Ave. Rye Brook, NY 10573

___\$50(1 session) ___\$95(2 sessions) ___\$125(3 sessions) ___\$15(book)=_____total

Send with checks payable to Linda Arpino & Associates, Inc.

Or call (914)935-0123 to process your credit card

Or to pay online Go to www.lifefocusnutrition.com, click products, then Diabetes Classes for three sessions. \$125.00

Name: _____ Telephone # _____
Address: _____ Cell phone # _____
Town: _____ Zip: _____