

Lecture focuses on how diabetics can lose weight

Weight Loss Strategies for People with Diabetes is the subject of the May 17 6:30-7:30pm Barton Health lecture.

Weight loss strategies for people with diabetes will include healthy meal planning, high fiber food recommendations and exercise plans. Behavior modification techniques will be discussed to keep participants focused on their goal towards healthier living.

This class is free.

RSVP to Lynn Norton at (530) 543.5824 or email lnorton@bartonhealth.org