

Barton hosting lecture on diabetes

Managing diabetes will be the subject of a March 9 lecture at Lake Tahoe Community College.

Jessica Perasso and Dana Dose with Barton Nutrition Services will talk about:

- Potential complications of diabetes
- Why blood sugar control is important
- The effects of exercise on diabetes management
- What routine care helps you stay healthy.

The free talk will be from 6-7pm in the Aspen Room.