



# CONNECTIONS

Wellness education where you live, work and play

HEALTH  
EVENT

## Staying Healthy for Retirement

Today's Prevention is Tomorrow's Cure

### DIABETES PREVENTION & MANAGEMENT



Tuesday, June 6<sup>th</sup> ~ 6:00 pm

**Ben Wilson Senior Activity Center**  
580 Delmont Avenue, Warminster, PA

Discussion begins 6:30 pm

Approximately 25% of Americans over the age of 60 have diabetes. Learn the warning signs, risks and strategies to prevent diabetes, as well as tips and suggestions for leading a healthy life with diabetes.

Presented by  
**Karen Velez, RN, CDE**  
*Doylestown Health  
Diabetes Services*

*Talk with ShopRite nutritionist  
**Linda Brophy RDN, LDN**  
to learn how a healthy diet  
can reduce your risk of  
developing Type 2 Diabetes.*

**Nondiscrimination Statement**  
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