

**FREE EDUCATION
SERIES**

**JAN TOPIC:
DIABETES**

**THURSDAY
JAN 23
1:30 PM**

**GATHERING
ROOM**



JANUARY: MANAGING DIABETES

We are excited to offer residents, families, staff and the community the opportunity to join us for a free ongoing monthly speaker series focused on seniors. This month you will receive useful tips on how you can make better choices regarding food selection, exercise, medication management and more!



January Speaker: Deb Ramirez, Director of Nursing at Senior Helpers

Deb is a dedicated nursing professional whose career aspirations focus on empowering seniors to maintain independence through holistic health practices, emphasizing the importance of overall health in successful aging.

DETAILS: LOWER LEVEL | GATHERING ROOM | NO RSVP NEEDED

Elder Homestead



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