



Interested in learning about how easy & fun eating healthy can be?
Whether you've been diabetic for a day or decades, are prediabetic, or simply want to live a healthier lifestyle,

Join KVH for a FREE Community Dinner Event

“Think Outside the Bun”

November 19th 5:30-7:00 pm

Enjoy Healthy Appetizers, Dinner & Dessert, plus Health-Savvy Giveaways ~ **ALL FREE!**
With Information & Inspiration from **Klickitat Valley Health Diabetes Specialists & Healthcare Providers**

What's on the Evening's Menu?

- **What Do I Eat...the Good, The Bad & The Ugly**
with Kjersti Madsen, RD, KVH Diabetes Educator & Dietitian
- **Diabetes Myths & Facts** *with Louissa Gordon, PA-C*
- **Who's At Risk?**
with Deann Blake, RN, CDE
KVH Diabetes Program Director & Educator
- **The Blame Game** *with Annie Stone, ARNP*
- **Stress Less** *with the Goldendale Diabetes Support Group*

RSVP Required

Space is Limited

Call 773-1006

to Reserve Your Place
at the KVH Kafé