

NIX Health Care Foundation

Take Control of Your Diabetes, A Series of Free Self-Management Workshops

Nix Medical Center
414 Navarro, 5th Floor Auditorium
12 noon—1:15 pm

Free Seminars

**Local Medical
Experts**

Thursday, June 18

Diabetic Meal Planning
Karen Persyn, RD, LD

Thursday, June 25

Diabetic Foot Issues: Education & Prevention
Arush Angirasa, DPM

Thursday, July 2

Diabetes: Long Term Effects
Dina Goytia-Leos, MD

Thursday, July 9

Diabetes and The Eye
Jeremiah Brown, Jr., MS, MD

 **Door Prizes**  **Giveaways** 

Make the most of your diabetes care and help prevent long-term diabetes-related complications by attending these lunchtime workshops. There is no charge to attend and the event is open to the public.

Discounted parking is provided at the Nix Medical Center Garage (valet parking); free parking is provided at the Houston Street Garage, located at the corner of College Street and Navarro. An optional box lunch for \$6 is available (special order only), beverages will be provided.

Please call (210) 579-3157 to register. Walk-ins welcome.