

Join us for a **Mini-workshop!**



Understanding and Managing Diabetes

Did you know that at least 26 million children and adults in the U.S. have diabetes? Diabetes is a silent epidemic in this country and one quarter of those who have diabetes don't know it. Join the *American Diabetes Association* to learn valuable information about diabetes including: risk factors, screening/prevention, diagnosis, and treatment options.

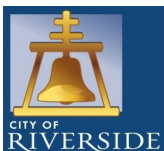
When: September 15th (12:00pm – 1:00pm)

Where: Mayor's Ceremonial Room (7th Floor)
Riverside City Hall

Raffle for a gift card valued at **\$25!**

Free lunch to the first 25 people!

Sponsored by:



The Wellness Program is brought to you by the
Human Resources Department.