



# Diabetes 101

Struggling  
with  
food choices?

**Have you been diagnosed with  
Type 2 Diabetes?**

**Is your sugar a “little high”?**

**Is your HgA1C elevated?**

**Join MV Hospital dietitian Mary Gross, MA, RD**

**Thursday Evening • February 2nd, 2012**

**6:30 p.m.**

**Physicians Office Building Lobby**

**Pre-registration required: 1-508-957-9473**