

How to Eat, Drink and Be Merry When You Have Diabetes

*A free consumer education event for patients, family and friends
presented by the Physical Therapy Association of Washington*

Saturday, April 17, 2010

10 a.m. to noon

**Greater Tacoma Convention & Trade Center
1500 Broadway, Room 407
Tacoma**

Featured Topics:

Quality Counts: How to Count Carbohydrates, Manage Your Diabetes and Still Eat Well

presented by Karen Conger, MS, RD, CD, CDE
Harborview Medical Center Diabetes Education Program

You've Got the Power

Exercise: Get Started, Stay Motivated and Reap the Benefits

presented by Gwen Scott, PT
Harborview Medical Center Diabetes Education Program

The Snack Attack: Smart Snacking with Diabetes

a cooking demonstration with Pamela Kramer, RD, CDE
MultiCare Health System



To register, email conference@ptwa.org or call
360-352-7290 ext. 12.

Please register no later than Friday, April 9, 2010.
There is no fee to attend, but registration is required.