



New York State Senator

James Sanders Jr.



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State Senator James Sanders Jr.  
*Presents*



# A Free Diabetes Informational Session

- What Is Diabetes?
- Could You Be At Risk?
- Tips For Healthy Eating
- Managing Diabetic Foot Pain
- Medications / Testing Supplies (Which Ones Are Right For You?)
- Senior Zumba Exercise Class
- Diabetic Support Groups (Don't Go It Alone)



NOVEMBER  
IS DIABETES  
AWARENESS  
MONTH

*Get advice from medical experts*



**November 24, 2015  
3 p.m. – 5 p.m.**

**Rockaway Boulevard Senior Center  
123-10 143<sup>rd</sup> Street**

**S. Ozone Park, NY 11436**



For more information or to RSVP, contact AnnMarie Costella at 718-523-3069 or via email at [costella@nysenate.gov](mailto:costella@nysenate.gov)