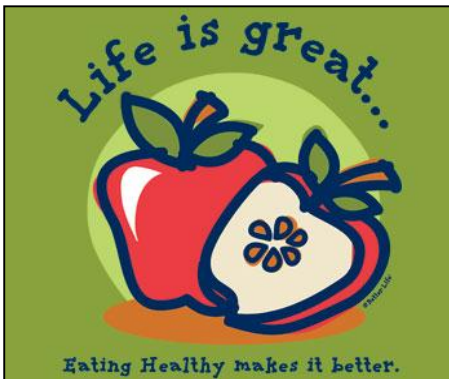


Should I be counting calories, or fat . . . OR carbs . . .
. . . What can I eat?

Come to one of our FREE Diabetes Nutrition workshops and

Simplify Nutrition for YOU and your family:



- *Free glucometers and demonstration*
- *Test strips at huge discount*
- *Healthy snacks and recipes*
- *Great door prizes!*

Two FREE Workshops - Two Locations:

Chelasis: **Friday, October 7th, 3:00 - 5:00 p.m.**

Funding for this workshop provided by Lewis Mason Thurston Area Agency on Aging (LMTAAA).
Workshop available only to Seniors age 60+.

Workshop taught by Missy Evans, RD, and Paige Evans, CDE, both of Providence Health System

Raymond: **Thursday, November 3rd, 2:00 - 4:00 p.m.**

Open to all Valley View Health Center patients and a family member
Workshop taught by Pam Drake, NTP, Shoalwater Bay Wellness Center

RSVP required to attend workshops.

Please call (360) 330-9557 with questions and to RSVP

Valley View Health Center offers Medical, Dental and Behavioral Health care services.
Most insurances accepted. A sliding fee scale program available.

Spanish speaking services available at all clinics.

Visit www.vvhc.org for more information