

## Holy Name Community Health Series

# Diabetes Education

**Learn to manage your blood sugar like a pro** - Discover how to lower your risk of diabetes and gain strategies for optimal glucose control whether you're preventing or managing diabetes

**Age-Friendly Teaneck Community Center**  
**1425 Teaneck Road**

Parking is available at the municipal lot at 1391 Teaneck Rd,  
entrance near Beveridge St.

**Thursday, April 24th**  
**11 am to 12 pm**

Presentation to be led by John A. Masso,  
MSN, APN, ANP-BC, RN. who is a  
Community Outreach Nurse for Holy  
Name Community Health



**Space is Limited**  
**Please RSVP**

Call 201-530-6756 or email [info@agefriendlyteaneck.org](mailto:info@agefriendlyteaneck.org) with  
"Diabetes Education" in Subject Line.

