



St. Charles Hospital's FREE Diabetes Management Symposium

Thursday, September 21

9:00 a.m. - 2:00 p.m.

Lunch will be served!

Wisdom Conference Center at St. Charles

9:00 - 9:30 a.m.	Registration & Refreshments
9:30-10:15 a.m.	Facts about Diabetic Eye Disease
10:15-11:00 a.m.	Theresa A. McKenna, Ph.D., RN, CDE Certified Diabetes Educator & Program Coordinator, Diabetes Care Center
11:00-11:15 a.m.	Break
11:15 a.m. - 12:00 p.m.	Getting Started with Exercise
12:00-12:45 p.m.	Eating Well to Live Well with Diabetes Chef Bill Dougherty & Lynda Hoffman, RD
12:45-1:45 p.m.	Lunch

Seating is Limited. Register online now at:

www.stcharles.org/diabetesevent



St. Charles Hospital
Catholic Health Services
At the heart of health