

# Sugar Beaters



## **SNHS Diabetes Program**

### **Mission:**

**“To improve the quality of life for the native peoples on the Seneca Territories through the prevention and control of diabetes”**

For more information, you may contact our Diabetes Educators:

Lori Crassi, RD, CDN, CDE  
at 532-5582 x5235

Barb Nephew, MS, RD, CDE  
at 532-5582 x5293

Lana Kota, RN, DE  
at 532-5582 x5207

Sugar Beaters is a support group that provides a healthy snack, various educational topics and an opportunity for people to share their experiences and ask questions. Everyone is welcome to join us for great information, tasty healthy food, and encouragement!

**When: Wednesday, March 30, 2016  
5:00 - 6:30 p.m.**

**Where: Community Health and Wellness  
Center, Room 126**

**Speaker: Ken Parker, Food Is Our Medicine**

You may bring a healthy dish and recipe for people to try!



**SENECA NATION HEALTH SYSTEM**