

# 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!

## Topic: Learn How to Make Sugar Free Strawberry Jam

**When: Wednesday, June 29, 2016  
5:00 - 6:30 p.m.**

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



**Must RSVP by June 22nd in order to  
have jam to take home!**



SENECA NATION HEALTH SYSTEM