

# Sugar Beaters



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: Being Active

**When: Wednesday, January 25, 2017  
5:00 - 6:30 p.m.**

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

**Please call to let us know if you will be  
attending.**

For more information, you may contact our Diabetes Educators: Amanda Deinzer, RN at 532-5582 x5428, Barb Nephew, MS, RD, CDE at 532-5582 x5293, or Lana Kota, RN, DE at 532-5582 x5207.



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