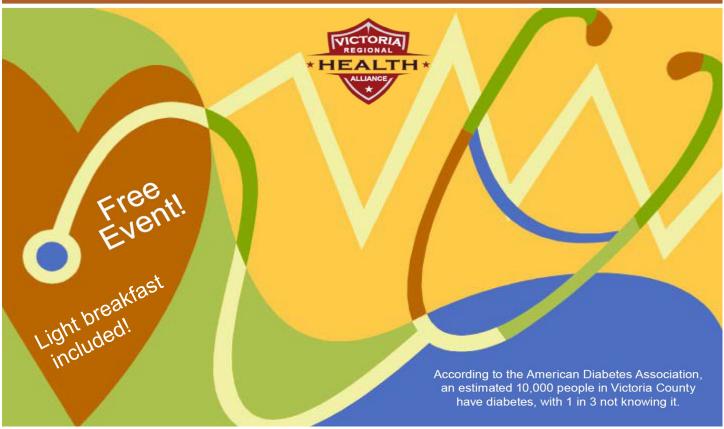
2nd Annual Crossroads Diabetes Expo:

Changing Habits-Changing Lives 2014

Saturday, November 8

8a.m. - Noon

Victoria College Health Sciences Center



Educational Topics:

- Diabetes medications
- Mental health
- Understanding lab values
- Nutrition and portion control
- Exercise tips

Free Health Screenings:

- Blood-glucose testing
- Foot, vision, & blood pressure checks
- Pneumonia shots for those who qualify Healthy Living:
- Healthy cooking demonstrations
- Flu shots offered



For reservations or more information call: (361)575-4581