Managing Diabetes During the Holidays

The holidays can be a difficult time for those trying to manage their diabetes AND participate in all of the festivities that come around.

Ms. Andrea Holmes-Brownes will help guide you through the holidays by discussing carbohydrate control, hydration, being active, and pacing yourself when all of the tempting foods are in front of you.

Ms. Holmes-Brownes was educated at Washington University. She has worked in DNA research for more than 13 years, 5 years as a science educator and community program director and one year as Director of Programs and Mission Delivery with the American Diabetes Association.

DATE: Thursday, November 6, 2014
TIME: 6:30-7:30 p.m.

Sponsored by:
Maplewood Public Library
7550 Lohmeyer
Maplewood, Mo. 63143
314-781-2174
www.maplewood.lib.mo.us

Founded in 1940, the American Diabetes Association (ADA) is the nation’s leading nonprofit health organization providing diabetes research, information and advocacy for all types of diabetes: type 1, type 2, gestational and pre-diabetes.

Locally since 2000, the ADA funds research projects in Missouri providing Washington University with over $39 million. The ADA is known for setting the Standards of Care in diabetes management and is the authoritative source of information for people with diabetes and the health-care professionals who care for them.