BERNARDS TOWNSHIP HEALTH DEPARTMENT

EMPOWERED EATING

for Diabetes

Join us to learn how food choices can impact blood sugar - and how to confidently manage diabetes without giving up the foods you enjoy!

PROGRAM TOPICS:

- Carbohydrate basics
- What affects blood sugar
- Strategies for managing healthy blood sugars
- Balanced meal and snack ideas

SCAN

Bernards Township Health Department

Tara Tomaino, RD

Registered Dietitian, Health Educator with the Bernards Township Health Department

NOVEMBER 12, 2026

12:00 PM-1:00 PM | LONG HILL TOWNSHIP LIBRARY
917 Valley Road, Gillette, NJ

RESERVE YOUR SPOT TODAY!

SCAN QR CODE OR CALL (908) 204-3069
WWW.BERNARDSHEALTH.ORG