# TYPE 2 DIABETES

*Prevention, Detection & Management*

## MONDAY, NOVEMBER 16

**6:00 PM – 7:00 PM**

The Hills Clubhouse
75 Hansom Road,
Basking Ridge, NJ

- Learn about key risk factors & practical prevention strategies
- Identify early detection methods & treatment options
- Get tips on healthy eating & diabetes-friendly recipes

**Silpa Gadiraju, MD**
Endocrinologist
Summit Health

**Tara Tomaino, RD**
Health Educator
BT Health Dept

Promoting Public Health
Bernards Township Health Department

## REGISTER FOR FREE

Scan QR code, call (908) 204-3069
or visit www.bernardshealth.org

SCAN HERE