



Join us each month in the **Dedham Health Theater** to discuss a topic related to prediabetes, diabetes and healthier lifestyle choices.

**THIS IS FREE AND OPEN TO EVERYONE**

Held on the 3rd Wednesday of each month from 10:00 a.m. - 11:00 a.m.

This group is led by Cathy MULLOOLY, MS, CEP, CDE

Contact her at [cathym@dedhamhealth.com](mailto:cathym@dedhamhealth.com) with any questions or for more information



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## Dates for 2019

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January 16	July 17
February 20	August 21
March 20	September 18
April 17	October 16
May 15	November 20
June 19	December 18

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**DEDHAM HEALTH**  
*& Athletic Complex*

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