

NU Fitness & Recreation's

lunchtime educational series presents . . .

DIABETES . . .
WHAT EVERYONE SHOULD KNOW**Wednesday, November 14**
12:10 - 12:50pm

Diabetes is a serious disease that affects one in every 20 Americans. This risk climbs with age – among people 65 or older, nearly one out of five have the disease. It can lead to kidney disease, amputations, blindness, high blood pressure, heart attack, stroke, impotence and birth defects. One-third of the 16 million Americans who have it, don't know it. Join professional staff from Evanston Northwestern Healthcare and learn the basics about diabetes, determine if you are at risk, and discover easy preventative measures you can do to cut your risk. Don't miss this opportunity to assess – and lower – your risk of diabetes!

A **FREE light lunch** will be available to those in attendance. Pre-registration recommended. For more information, call **(847) 491-4303**.

Location

Northwestern University, Sports & Aquatics Center,
2311 Campus Drive,
Evanston IL, 60208