

# FREE Health Education Series Event!

## Everyone is Welcome!

### FEATURED SPEAKER:

Patricia Urquhart, Family Nurse Practitioner  
Public Health - Idaho North Central District

### TOPIC:

Understanding how to manage your  
HbA1c, Blood Glucose, and Cholesterol

September 8, 2011

6:00 p.m. - 7:00 p.m.

Snake River Community Clinic

215 10th Street, Lewiston

According to the Centers for Disease Control and Prevention: Eating less salt may help control your blood pressure; keep a daily record of your blood glucose; checking your own blood glucose levels is a key to taking charge of your diabetes; use your A1C test to track your glucose control. <http://www.cdc.gov/diabetes/pubs/tcyd/control.htm>

**For more information, contact Debra Merica, RN, BSN at  
Public Health - Idaho North Central District: (208) 799-3100.**