

COUNTY OF PICKENS

Pickens County Library System

www.pickens.lib.sc.us



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Diabetic and Wondering What to Eat? Join Us for a Discussion @ Your Library!

Join us at the Hampton Memorial Library in Easley for an information packed discussion with a Health Extension Agent from Clemson University on Monday, August 20 at 10:30am. Topics will include: the role of food in regards to diabetes, personal reasons for eating including emotions and exhaustion, the Plate Method, maintaining a healthy eating plan, and achieving dietary goals through behavior modification.

This program is free and all are welcome. For more information, please call the library at 850-7077.

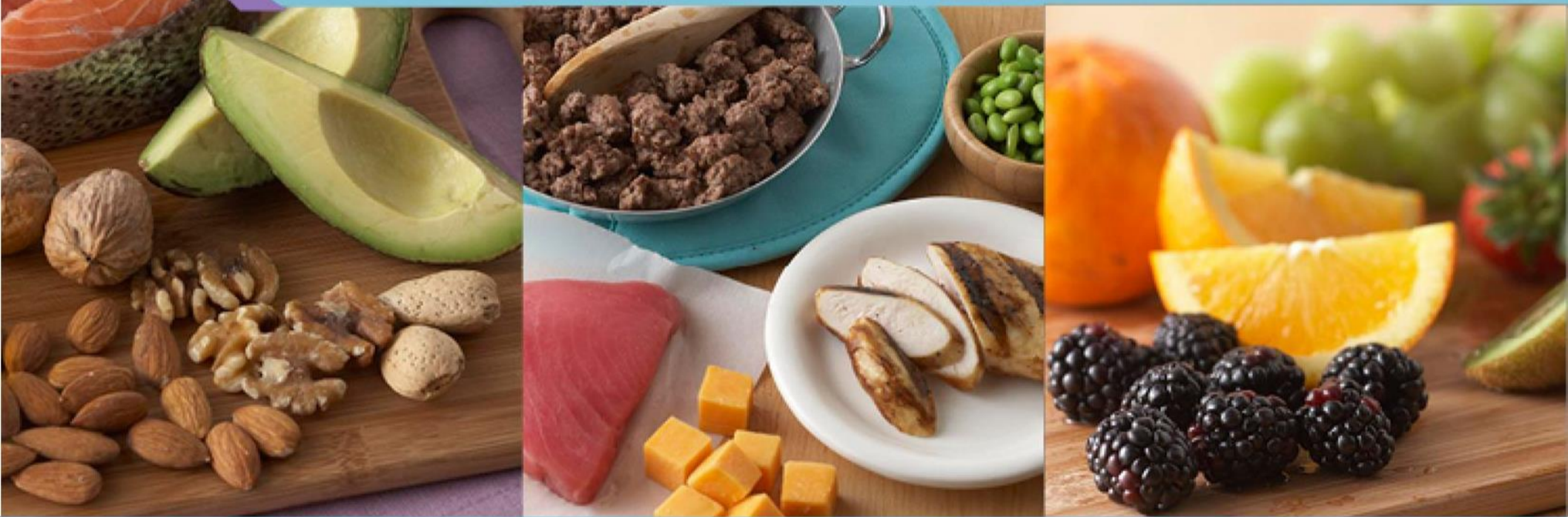
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Pickens County Library System 304 Biltmore Road Easley, South Carolina 29640 (864) 850-7077



Healthy Eating with Diabetes

Presented by Clemson University Health Extension



Join us for an information packed session on the role of food in regards to diabetes, the Plate Method, maintaining a healthy eating plan, and achieving dietary goals through behavior modification.

Monday, August 20 at 10:30am
Hampton Memorial Library, Easley

Free and all are welcome.