

**FREE DIABETES SEMINAR**

# Diabetes and your Heart

**Wednesday, April 12 . 11 a.m. – 2 p.m.**  
**Fulton County Fairgrounds, Salem**

**Reducing Your Risk for Heart Disease and Diabetes Medication Updates**  
RDLC Coordinator Jodi Bodenhamer, RN, CDE

**Heart Smart Recipes and Heart Healthy Cooking Demonstration**  
Jan Halligan, RD, LD, CDE

**Hosted by MaLinda Coffman, MS, RD, LD, Fulton County Cooperative Extension**

Attendees will receive free recipes, give-a-ways and much more.  
A light lunch will be provided. Seating is limited, and reservations are required.

**Call (870) 508-1765 or (870) 895-3301 to reserve your spot today!**



**Baxter Regional  
Medical Center**

[www.baxterregional.org](http://www.baxterregional.org)

