

Diets: Good News & Bad News

Featuring Nutrition Expert—Marion Franz, MS, RD, CDE

Registered Dietitian & Certified Diabetes Educator

Thursday, February 3, 2011

4:45 Dinner (Sandwich · Salad · Fruit · Water)

5:15 Presentation

Cloquet Forestry Center Auditorium

Registration Required!

Call Jenn Hall at 878-2146

Space limited to FIRST 140 people

What diets really work when you want to lose weight and keep it off? Join us to learn more about your diet from our award winning guest speaker Marion Franz. Marion has authored more than 200 articles and books on diabetes, nutrition, and exercise and lectures frequently in the United States and internationally.



Win a Trip for 4 to Disney World!

Spread the word at FDL that diabetes can be prevented. FDL Human Services Division believes it is so important people receive this message and get tested, that it is giving away a trip to Disney World just to spread the word!

The contest starts January 14, 2011 and ends May 31, 2011. The winner will be announced at the annual FDL Health Fair. One winner will receive an all inclusive trip for 4 to Walt Disney World for 4 nights and 5 days. All inclusive includes:

- Roundtrip airfare for four
- Transportation to and from the Orlando, Florida airport
- One room that sleeps four at a Disney hotel
- Transportation to and from the Disney hotel and Disney World Park
- 3 meals per day in accordance with the resort meal plan
- Four 4-day Park Hopper tickets to the Disney

Theme Parks

- \$250 in spending money

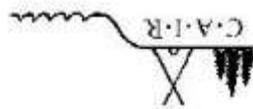
No extra money will be included for further incidentals or souvenirs. Approximate retail value: \$4,550.00. No substitutions and not redeemable for cash.

To be eligible, participants must be:

- 18 years of age or older on the date of the blood sugar screening
- American Indian
- Eligible for services at the MNAW and/or CAIR clinics
- If diagnosed with diabetes or pre-diabetes you can participate by getting an A1C blood test at a community blood sugar screening.

Fond du Lac Human Services medical department as well as their spouse and household members (whether related or not) are not eligible.

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Disney Trip *Continued*

There are 3 steps for your chance at winning the trip:

Step 1: Attend a blood sugar screening, where eligibility will be determined. Have your blood sugar or A1C (those with diabetes or pre-diabetes) checked. You will be given a pack of 6 tickets, one for you to put in the drawing that day and another five to give to your family and friends. Tickets must be filled out completely at the time of screening. There will be no replacement of lost or stolen tickets. Participants can only be screened once.

Step 2: Encourage your family and friends to go to a blood sugar screening. If they have their blood sugar tested, they can put the ticket you gave them in for the drawing and they will get a pack of 6 tickets for themselves. The first ticket will be put immediately in for the drawing and the other five will be for them to

give to family members and friends.

Step 3: Once you have handed all of your tickets out, you should continue encouraging the person to get tested so that your tickets get submitted. If all 5 people come in with your tickets you'll have 6 chances to win the Disney trip!

Questions: Come to a community screening.

Blood Sugar Screening Dates & Locations

MNAW Clinic – 1st Tuesday of each month from 10am-2pm

CAIR Clinic – 3rd Tuesday of each month from 10am-2pm

Additional screenings can be viewed at

www.fdlrez.com