

# Your Family's Health: Preventing Diabetes

**How can you prevent or manage diabetes?  
Come with your family and find out!**

**Saturday, June 27, 10 a.m. - 2 p.m.  
at the Verdant Community Wellness Center  
4710 196th St. SW, Lynnwood**



*Fun — Free — Interactive —  
Taught in Spanish*

- *Cooking demonstrations*
- *Prizes*
- *Childcare*
- *Kids Activities*
- *Lunch for the Whole Family*

Call (425) 678-6042 to  
sign up.

Space is limited — *call today!*



[verdanthealth.org](http://verdanthealth.org)

The Edmonds School District does not sponsor or endorse the activity and/or information contained in this material.

STAYWell



GETActive



EATBetter



STRESSLess

