

MONTHLY DIABETES BREAKFAST

YOU'RE INVITED!

Thursday, August 30th

AUGUST DISCUSSION TOPIC: PUTTING OUR BEST FEET FORWARD!

Do we know the best ways to protect our feet? How do we clip our nails correctly? Should we use foot creams or lotions? What do foot problems look like? Get answers to why we must work so hard to protect our feet from injuries and infections!

Foot inspections Available!



What's on our plate in August?

Quiche Loraine, Veggie Quiche, Roasted
Red Potatoes, Turkey Sausage
Coffee, Tea & Water

RUNNING WOLF



FITNESS CENTER

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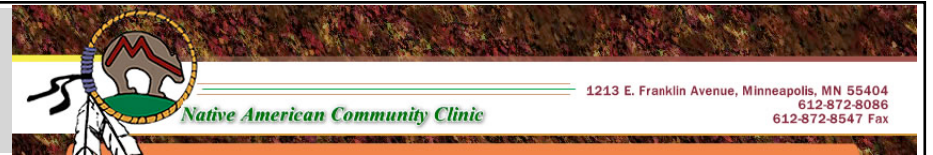


**Doors Open 8:30 AM • Program 9:15 AM
PHILLIPS COMMUNITY CENTER DINING ROOM**

2323 ELEVENTH AVENUE SOUTH • MINNEAPOLIS, MN 55404 • www.meetup.com

**Community-University
Health Care Center**

Providing excellence in community health care for diverse populations



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For more Details or translations? Call Robert Albee, A-POD @ 612.812.2429 or Raquel at Waite House's Reception Desk