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## **Diabetes Education Event**

**WHEN** Thursday, Nov. 14<sup>th</sup>, 2024  
**WHERE** Grand Haven Golf Club, Coastal Room  
**TIME** 4:00-5:30 p.m.

**4:00 Welcome & Opening Comments –**  
*~ Sandy Hollenbeck*

**4:15 Diabetes Informational Sessions**  
*~ Angela Sterrett, RN, CDCES*

Diabetes and Nutrition Center, AdventHealth Palm Coast &  
Daytona Beach

### **DIABETES MANAGEMENT & NUTRITION**

*~ Rhonda Filetti, RD, CDES*

Diabetes and Nutrition Center, AdventHealth Palm Coast &  
Daytona Beach

### **FUELING YOUR BODY AND THE IMPORTANCE OF EXERCISE**

**5:25 Closing Comments**

*~ John Subers, Foundation Director*  
AdventHealth Palm Coast

*~ EVENT IS FREE ... HOWEVER, RESERVATIONS ARE REQUESTED. CONTACT  
SANDY HOLLENBECK, [SandyHollen01@gmail.com](mailto:SandyHollen01@gmail.com) ~*

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*~ ADVENTHEALTH IS PROVIDING GOODIE BAGS TO ALL ATTENDEES ~*  
DiaBEATes Alliance is a community support group that is  
associated with the AdventHealth Palm Coast Foundation