

## **Butler Borough Health Department**

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One Ace Road  
Butler, NJ 07405

### **FOR IMMEDIATE RELEASE**

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Contact: Peter Tabbot, Health Officer  
(973) 983-2848

Mayor Robert W. Alviene invites you to a Butler Board of Health program, entitled November is National Diabetes Awareness Month: Diabetes Management through Meal Planning. If you have just been diagnosed with diabetes, or have been living with diabetes for years, diabetes education and support are important for staying healthy. Learning to manage your diabetes from the start can help you have fewer health problems from diabetes later.

The program will be held in the Council Chambers at Butler Borough Town Hall, One Ace Road, on Wednesday, November 18 from 6:30 pm – 7:45 pm. The seminar will include an educational program including information on how to transform your meals to be diabetic friendly. Some samples will be offered!

The program's featured speaker is Danielle Colombo, a Registered Dietician of ShopRite of Lincoln Park. In addition, information and education will be on hand from the National Diabetes Education Program as well as Chilton Medical Center and their Diabetes Self Management Education Program.

Register by calling 973-838-7200, ext. 237.

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