



CAN YOU CONTROL THE UPS AND DOWNS OF BLOOD SUGAR?

Join us for this critical program on the epidemic of metabolic syndrome, diabetes and obesity as a national health crisis. Learn how you can keep these conditions from ruining your family's health:

- The perils of yo-yo dieting · Effective solutions for weight management
- Mood swings and blood sugar · Metabolic syndrome as a precursor to diabetes
- Reversing diabetes through lifestyle and medicine · Preventing diabetes

Avoiding complications of diabetes such as blindness, kidney failure, neuropathy and cardiovascular disease

FREE Seminar – Diabetes Prevention August 9, 2012 · 6:00 -7:30 p.m.

St. David's Round Rock Health and Wellness Center, Suite 101, at CHASCO YMCA
1812 N. Mays Street · Round Rock, Texas

Light refreshments will be served

PLEASE CALL (512) 478-3627 TO REGISTER FOR THIS FREE SEMINAR

To learn more visit
StDavidsWomen.com or
snap the mobile tag.



StDavid's

**ROUND ROCK
MEDICAL CENTER**

Available 24 hours a day, visit stdavids.com, or call 512-478-3627 or 1-888-868-2104 to find a doctor, speak to one of our nurses, or register for upcoming seminars or events.



Can you control the ups and downs of blood sugar? is powered by Spirit of Women®, a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.

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