



A Beginner's Guide To The Mediterranean Diet

Join UPMC St. Margaret Dietitian and Diabetes Educator, **Barbara Bucek, RD, CDE, LDN**, for a discussion on healthy meal ideas and cooking techniques to help you manage your diabetes. Eating healthful foods doesn't have to be difficult. Learn what food choices can help control your blood sugar numbers. The Mediterranean diet incorporates the basics of healthy eating, contains nutrients that are known to enhance longevity, and has other health benefits backed by scientific studies.

Register now and take the steps to manage your diabetes and improve your quality of life.

UPMC St. Margaret

**Thursday, Sept. 21
6:15 to 7:30 p.m.**

UPMC St. Margaret
Cafeteria A and B, First Floor
815 Freeport Road
Pittsburgh, PA 15215

Program is free and open to the public.

Free parking and light refreshments will be provided.

Registration is required, call 412-784-4194 or visit UPMC.com/Classes.