



South Central District Health

1020 Washington St N * Twin Falls ID 83301

Keeping your family & community healthy

January 9, 2006

PRESS RELEASE – For Immediate Release

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Carol Gandiaga, 537-6978

Diabetes Support Group to Discuss Quick and Healthy Meals

The Diabetes Support Group will host Rhea Lanting in a discussion titled “Healthy Meals in Less Time.” Rhea is an Extension Educator in Family and Consumer Sciences with the University of Idaho. She also teaches the Healthy Diabetes Plate classes. This meeting will take place on Tuesday, January 17, at 7 p.m.

The meeting will be held at South Central District Health, located on the College of Southern Idaho campus. People attending the meeting should use the north entrance of the District Health building.

The Diabetes Support Group meeting is open to the public and there is no charge to attend. The group meets regularly at 7 p.m. on the third Tuesday of each month at South Central District Health.

Contact Carol Gandiaga at 537-6978 or Susie Beem at 737-5946 for more information.

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