



# Diabetes and Heart Healthy tips from our experts at Hutchinson Health

**WEDNESDAY,  
OCTOBER 2, 2019 7:00 PM**

**GRACE LUTHERAN CHURCH  
430 5TH AVE SW  
HUTCHINSON, MN**

Make your health a priority. Learn the latest information about pre-diabetes. recipes and heart healthy advice for you!

Take steps towards a better lifestyle!