

HAWTHORNE DIABETES GROUP

Presents

“Vital Vinegars”



Vinegar is a timeless healing agent that has special benefits for managing diabetes.

This month we welcome our special guest, Dr. Alicia Bigelow, ND, naturopathic physician, herbalist and proprietor of “Vital Vinegars”. She will introduce us to the amazing properties of using herb infused vinegar to improve blood sugar control and help prevent diabetes. Tasting samples and recipes will be included.

Find out how tasty, versatile and healthy vinegars can be!

Colonial Heights
Presbyterian Church
2828 SE Stephens St
97214
(Enter on 28th Street)

Thursday, April 25th
7:00 - 8:30 pm

\$10 donation is requested.
No one will be turned away

Host:

JULIA HANFLING RD CDE

Medical Nutritionist and
Certified Diabetes Educator
with over
20 years in practice.

Julia invites you to
actively engage
with your health, using
knowledge and kindness.

“On your own terms”

503-936-8086
Julia@3peachesnutrition.com

Find us on Meetup! <http://www.meetup.com/Hawthorne-Diabetes-Group/>

Hosted by:



3 Peaches Nutrition & Diabetes Coaching. www.3peachesnutrition.com