

FREE Event!

# The Bridgeport Hospital Diabetes Education Center

*Presents*

## “Recipe for Good Health: Preventing Diabetes”

**Monday, November 8, 2010**

7:00 p.m., Fairfield Public Library  
1080 Post Road, Fairfield



*Chef Michel Nischan*

*with Special Guest* **Chef Michel Nischan**

**Owner/Founder of Dressing Room: A Homegrown Restaurant  
& two-time James Beard Foundation Award-Winner**

### Featuring:

*“What Is Pre-Diabetes? Can Diabetes Be Prevented?”* **Donna Hansen,**  
RN, BSN, CDE, Registered Nurse, Certified Diabetes Educator

*“Get Moving”* **Peter Ronai,** MS, CSCS, ACSM, RCEP®, CPD,  
Exercise Physiologist

*“Ease Into Healthier Dietary Habits”* **Mary Jo Farrelly,** RD, CDE,  
CD-N, Certified Diabetes Educator, Registered Dietitian

**Special presentation and book signing with Michel Nischan.  
Light refreshments. Reservations are required. Space is limited.  
Please call us toll free, 24/7, at **1-888-357-2396.****

**Weather cancellation  
hotline: 203-330-7444**

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