

NEWS



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BEGINNERS GUIDE TO DIABETES

SUNNYVALE, Calif. – Did you know that diabetes is a major health concern in the United States? If you would like to know more about this disease then come to Sunnyvale Public Library on Wednesday, August 4, starting at 7 p.m., for “A Conversation with Judy Farnsworth, RD, CDE: Beginners Guide to Diabetes.” Farnsworth will discuss diabetes as a major healthcare concern in America, four ways to prolong/avoid diabetes and the latest prevention guidelines.

Farnsworth is a registered dietician and a certified diabetes educator at Palo Alto Medical Foundation. She teaches nutrition classes to adults in pre-diabetes, diabetes and heart health education.

The Library is located at 665 W. Olive Ave., across from City Hall. Free parking is always available, and VTA line 54 serves the Library. More information on Library programs and activities is available on the Library’s Web site at www.sunnyvalelibrary.org, or by calling the Library at (408) 730-7300, TDD (408) 730-7501.

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