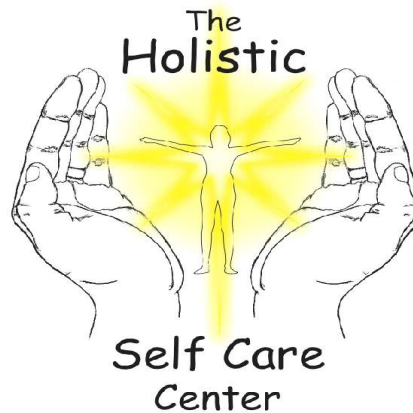


You are invited to an educational evening

Sugar Blues



Date: Friday, September 21st
Time: 7:00 – 8:30 pm
Cost: \$20.00 non-members/\$10.00 members
Where: The Holistic Self Care Center
12 Murphy Drive, Nashua NH
www.thehsccenter.com
Telephone: 603.883.1490

In this class you will learn how a number of organs and hormones work in concert to keep blood glucose, or blood sugar, in balance. Various symptoms of unbalanced blood sugar will be discussed and guidelines for treating them will follow. Participants will be able to self administer a blood sugar reading if desired using a glucose meter. Handouts will be given to help improve dietary sugar consumption at the completion of the class.