

# ASK THE EXPERT



**Seton Diabetes Education Center**

A facility of Seton Medical Center Austin

A member of the Seton Healthcare Family

## Ask the Expert!

### Sodium Savvy With Diabetes!

The average American consumes 6-10 times more sodium than is recommended for health. For persons with diabetes, the 'extra' salt can significantly increase risk for heart disease, stroke and kidney disease.

Join Julie Paff, RD, LD, CDE to learn proven strategies to lower sodium intake in tasty and creative ways!



**About the Speaker:** Julie Paff is a Registered Dietitian and Certified Diabetes Educator. She has provided diabetes education and medical nutrition therapy services for 35 years.

#### Details:

**Target Audience:** Persons with diabetes or pre-diabetes.

**Date:** Wednesday, October 15, 2014

**Time:** 6:30 to 7:00 pm Bring a sandwich and network informally  
7:00 to 8:00 pm Presentation and Question Period

**Location:** **Seton Diabetes Education Center**, 5555 North Lamar Blvd, Austin 78751  
[http://www.seton.net/locations/seton\\_diabetes\\_education\\_center/map\\_directions\\_and\\_parking](http://www.seton.net/locations/seton_diabetes_education_center/map_directions_and_parking)

**Space is limited. Advanced registration is required! To register:**

- Online: [www.goodhealth.com/diabetes](http://www.goodhealth.com/diabetes)
- Call 512/324-1891 and select option 2 to enroll with one of our schedulers.

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**Ask the Educator! Salt Savvy! Wednesday, October 15, 2014 from 6:30 to 8 pm**

**Name of Participant:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Number of Guests:** \_\_\_\_\_

**Name of Guest:**

**Phone Number**

**Email Address:**

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For information, call the Diabetes Education Center at (512) 324-1891. Select "2" to speak with a scheduler or email us at [Diabetes-Education@seton.org](mailto:Diabetes-Education@seton.org).