



**NOVEMBER IS  
DIABETES  
AWARENESS  
MONTH**

*Join Tasker's Leo Club &  
the Bowie Lions Club for*

## **World Diabetes Day**

**Sunday, November 14**

**1:00pm - 3:00pm**

**at Allen's Pond - West Pavilion**

**3330 Northview Drive, Bowie, MD 20716**



- ★ Sample healthy foods
- ★ Find healthy recipes
- ★ Stretch with a personal trainer
- ★ Walk with a friend
- ★ Talk to a Dietician

