

Roselani Place presents *Aging Wisely Community Education Series*

Defeating Diabetes

With Speaker Dr. Steve Blake, ScD

*FREE
Admission*

Saturday, January 27, 2018

1:30 pm - 3:30 pm

*Open to
the Public*

**Roselani Place - Third Floor Lobby
88 South Papa Ave., Kahului, HI 96732**

Presentation Description: Learn how to defeat diabetes and pre-diabetes with diet and lifestyle changes. See how a successful program resulted in weight loss, freedom from insulin, and a reversal of diabetes. Participants experienced pain reduction, blood sugar reduction, cholesterol reduction, and results started in only two weeks! Understand how to rate food for blood sugar control. What diets cause diabetes? Learn more about how food affects diabetes. What about saturated fats, trans fats, and omega-3s? How are antioxidants helpful in protecting eyes, arteries and kidneys? Learn how to take control of your own health.

**Model apartments will be open for your viewing ~
Door Prizes ~ Musical entertainment and refreshments!**



**For more information contact Diane (diane@roselaniplace.com) or
Debbie (debbie@roselaniplace.com) or call: 871-7720**



www.roselaniplace.com



About Steve Blake: Steve Blake, ScD is research director for the Neuroscience Nutrition Foundation. He has offered many classes at the University of Hawaii. He designed and ran the Hawaii Dementia Prevention Trial, a clinical study at the *Hawaii Alzheimer's Disease Center*. He is author of the McGraw-Hill college textbook *Vitamins and Minerals Demystified*, *Nutrients for Memory*, *Mastering Migraines*, *Parkinson's Disease*, *Arthritis Relief*, and *Understanding Fats and Oils*. He has written Mosby's *Alternative Remedies* and is co-author of *Mosby's Drug Guide for Nurses, 4th edition*. He also authored the *Diet Doctor*, software for analyzing dietary nutrients. www.DrSteveBlake.com.

