



**April 15th, 2019
7:00PM - 8:30PM**

NYU Winthrop Hospital
Diabetes Education
Center
173 Mineola Boulevard
Mineola

**RSVP is necessary to
Betsy Paffmann
631.768.3389 or
bpaffmann@jdrf.org or
Sharon Blasi at
516.663.2350 or
Sharon.Blasi@nyulangone.org**

EAT WELL!

Navigating Carbs at the Italian Restaurant!

JDRF New York City/Long Island Chapter

A bottle of red, a bottle of white...let us help you count your carbs tonight! You can have T1D and still enjoy dinner at your favorite Italian restaurant!

JDRF is proud to partner with Sharon M. Blasi RN, MS, CDE, Diabetes Nurse Educator and Certified Pump Trainer, who will share tips and tricks to help you navigate through your favorite cuisine at an Italian restaurant while keeping your blood sugar in check.

Join us for tips to eating out and taking control of your T1D with every bite!