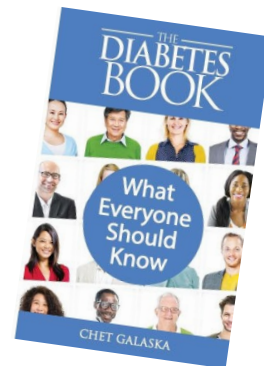


Combining Good Ingredients Grant



INSTITUTE of
Museum and Library
SERVICES



The Chicopee Public Library presents
Challenge Diabetes Program*
with author Chet Galaska

January 10 @ 6pm (introduction)

January 17 @ 6pm (what to eat)

January 24 @ 6pm (physical activity)

If you or someone you know has diabetes, this free program will help you dispel myths and learn the facts about diabetes.

*This program was developed in participation with the YMCA of Greater Springfield and Baystate Medical Center.