

Date: February 2, 2010
For more information: 621-9320



'Meal Planning for a Healthy Heart' topic for Feb. 8 Diabetes Round Table

MaineGeneral registered dietitian Mary Alberty will present Meal Planning for a Healthy Heart on Monday, Feb. 8, from 6:30-7:30 p.m. at Granite Hill Estates, 60 Balsam Drive, Hallowell.

Sponsored by [MaineGeneral's Diabetes & Nutrition Center](#), the presentation is part of the Diabetes Round Tables program, a monthly educational gathering to provide information and tools to persons and family members living with diabetes.

There is no cost to attend the meeting and pre-registration is not required. For more information please call 621-9320.