

# Controlling Diabetes:

# What Really Works

**Presented by  
The Health  
Information Center**

**Saturday, October 26  
10 am – noon  
Main Library  
Meeting Room 2**

Please contact the Science & Technology Division at 330-643-9075 or [stdiv@akronlibrary.org](mailto:stdiv@akronlibrary.org) to reserve your space in either of these classes.

All classes are free and open to the public.

Free parking is available on Saturdays in the High/Market Street Deck.

*Interpretive services are available. Please inquire.*



## **Healthy Living With Diabetes**

Presented by Michael O'Hara  
**10-11 am**

Meet Mr. Michael O'Hara. He will share his insights and solutions to living with Type 1 diabetes, as well as raising two children with diabetes. Mr. O'Hara will discuss the best lifestyle choices to make to live the healthiest life possible.

## **Diabetes: Just Tell Me What To Eat**

Presented by Robin Waltenberger  
**11 am – noon**

Meet Ms. Robin Waltenberger from Lodi Community Hospital/Akron General Medical Center Speakers Bureau. Ms. Waltenberger is a local holistic nutritionist and licensed counselor who will discuss nutritional and grocery shopping strategies for families living with diabetes. She has over 20 years experience as a speaker and educator.



**Akron-Summit County  
Public Library**

330-643-9075

Science & Technology Division  
60 S. High Street, Akron, OH 44326  
[www.akronlibrary.org](http://www.akronlibrary.org)