

**KNOW YOUR**  **NUMBERS**

 **HEALTHY & READY  
TO THRIVE**

**ARE YOU, A FAMILY MEMBER, OR FRIEND AT RISK FOR DIABETES?  
START THE NEW YEAR OFF RIGHT COME JOIN US FOR  
DIABETES AWARENESS DAY 2023**

**AT RIVIERA BEACH MARINA CENTER  
SUNDAY, JANUARY 29<sup>TH</sup>, 11 AM - 3 PM  
190 E 13TH ST, RIVIERA BEACH, FL 33404**

Hosted by the Diabetes Coalition of Palm Beach County in Partnership with the City Council of Riviera Beach



**EVENT HIGHLIGHTS INCLUDE:**

**FREE DIABETES RISK ASSESSMENTS, A1C TESTS,  
BLOOD PRESSURE READINGS, & OTHER  
HEALTH-RELATED SCREENINGS**

**VISIT OUR COMMUNITY PARTNER EDUCATIONAL  
BOOTHS INCLUDING THE "HEALTHY BRAIN BUS"**

**TASTY, HEALTHY, EDIBLE, EATS FEATURING CHEF  
JOSEF MORERA AND THE BREAKERS PALM BEACH TEAM**

**ROCKIN DJ & MUSIC**

**FAMILY AND CHILDREN ACTIVITIES:  
FACE PAINTING AND DANCE /  
MOVE-A-THON CONTEST**

**FREE RAFFLES FOR GIFT  
CERTIFICATES AND PRIZES**



**To Learn More Visit:  
[www.diabetescoalitionpbc.org](http://www.diabetescoalitionpbc.org)  
or contact Debby Walters, Executive Director, at:  
[debby@diabetescoalitionpbc.org](mailto:debby@diabetescoalitionpbc.org)**