

# A Health Education Series

# FREE EVENT!

*Featured Guest:*  
**Trevor Kauer, Nutrition Advisor**  
U of I Extension



*Topic:*  
**EATING A HEALTHY  
BREAKFAST!**



**January 21<sup>st</sup>, 2016**  
**6:00 p.m.**  
**Snake River Community Clinic**  
**215 10th St. Lewiston**



Moderate weight loss and healthy weight management are important for individuals managing their type 2 diabetes and for those with pre-diabetes working to prevent the progression of the disease.

Eating breakfast is a common trait among people who have lost weight and kept it off. Eating a healthful breakfast may help you avoid getting "over-hungry" and then overeating later in the day.

Source: Centers for Disease Control & Prevention <http://www.cdc.gov>



For more information, contact Ellen Merrill at  
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[www.idahopublichealth.com](http://www.idahopublichealth.com)