

# Wellness Works

Made possible by the  
Passavant Hospital Foundation

## DIABETES LITERACY:

### *What is Diabetes/Prediabetes?*

Signs to look for  
Monitoring diabetes & blood testing  
Creating a healthy diet & exercise goals

**Paige Thompson**

MSPAS, PA-C, Physician Assistant in the Center for  
Diabetes and Endocrinology at UPMC Passavant

**Monday, January 23 at 6 p.m.**

Northland Public Library



## HEART HEALTH:

### *know the numbers that matter*



The numbers that impact heart disease & stroke  
Taking control of your heart health

**Venmathi Indramohan, MD**

UPMC Passavant Heart and Vascular Institute

**Thursday, February 23 at 3 p.m.**

Northland Public Library

Registration is required for each program.

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DIABETES



HEART

Registration is required for this program.  
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the Ask A Librarian desk or by calling  
412-366-8100, extension 113.

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