

Monthly Supper Club  
for Seniors Health Series

# How to Manage Your Diabetes



**Presented by Amit Seth, MD**  
Endocrinology Specialist,  
Clara Maass Medical Center

Our monthly Supper Club events for seniors include dinner, Bingo, great raffle prizes and giveaways.

**There is no cost to attend.**

*Parking will be validated, and seating is limited to the first 50 guests.*

**RSVP Required:**

**Maria Lozano**, Community Health Coordinator  
973-450-2398

**Monday, November 21, 2022**  
**4:30 p.m. to 6:00 p.m.**

**Learning Center**  
**Continuing Care Building**  
Clara Maass Medical Center  
1 Clara Maass Drive  
Belleville, NJ

[rwjbh.org/claramaass](https://rwjbh.org/claramaass)

**Clara Maass  
Medical Center**

**RWJBarnabas  
HEALTH**

Let's be healthy together.