

# Meet the Faces of Diabetes

Inspiring us to live healthier



**Matt Minnihan**

Attorney – Onawa, Iowa. Type 1

*"I weight train, read food labels and eat healthier."*



**Colton Henschen**

Fourth Grader – Onawa, Iowa. Type 1

*"I play a lot of sports and can do anything other kids do."*



**Adair Kaehlar**

Well known musician and gospel singer  
Whiting, Iowa. Type 2

*"My food choices have influenced my family to live healthier."*



**Cheryl Hardersen**

Administrative Assistant – Onawa, Iowa. Type 1

*"I receive strong support from Onawa providers."*

## Attend a Faces of Diabetes educational program at one these sites and dates

### **Onawa Public Library**

Tuesday, September 18 at 5 p.m.

### **Danbury Public Library**

Tuesday, October 9 at 2 p.m.

### **Dunlap Public Library**

Tuesday, October 15 at 7 p.m.

### **Whiting Public Library**

Saturday, October 27 at 1:30 p.m.

### **Mapleton Public Library**

Thursday, November 1 at 7 p.m.

### **Logan Public Library**

Monday, November 5 at 7 p.m.

### **Sloan Public Library**

Friday, November 16 at 10 a.m.

### **Ute Public Library**

To Be Determined



**BURGESS**  
**Health Center**  
Onawa, Iowa



For more information call: 712.423.9268  
[www.burgesshc.org](http://www.burgesshc.org)

Check out new diabetes materials donated to your local library.