



Pre-Diabetes: What You Need to Know

Join our Diabetes Educator, Cindy Andl, RN, CDE, to see what lifestyle adjustments you can make if you have been diagnosed with pre-diabetes or diabetes.

March 31, 2026
12 - 1 p.m.

Manalapan Senior Center
114 Route 33 West
Manalapan

KEEP GETTING BETTER



Hackensack
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