



Better Health Through Better Understanding | April 2023



National Minority Health Month 2023

Health Through Understanding Fair

Come out for free health screenings, education, and community resources!



Plan Your Portions

Use a smaller plate. This is a 9-inch plate to help guide you.

American Diabetes Association

Tuesday, April 18th, 2023, 10 am - 2 pm
Betty J. Johnson North Sarasota Public Library
2801 Newtown Blvd. Sarasota

**ENROLL FOR FREE/LOW COST
INTERNET!**

Digital Navigation Event, register here:
<https://forms.gle/NEcHmkC8qRjZi4YK8>

