

# Low Carb, High Carb, and what about Gluten?

The role of carbs in the diet and their  
effect on your health

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- Learn about the role of carbohydrates in your diet
- What you need to know to prevent diabetes and heart disease
- Discover the difference between whole and refined grains
- ...and lastly, what is gluten?

**The Bell Tower Regional Community Center**  
**22232 El Paseo, RSM**  
**(949) 709-7592**

**Thursday, March 21, 2019**  
**1:00 p.m.**

**Age Well**  
**Senior Services**  
A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS