

# *Wine and Cheese Tasting Event*

*Promoting Diabetes Awareness Month*

*Sunday, November 10, 2013*

*1 to 5 p.m./ \$30 per person*

*Nosh is pleased to host this Wine and Cheese Tasting event which includes a taste of eight different wines and five different cheeses to complement the wines. Bread and some additional accompaniments will also be provided. Information on the wines will be available .*

*Nosh will also have their full menu available for anyone who wants to order additional food or drinks.*

*Raffle tickets will be available for \$1 for items including a nice bottle of wine and other prizes (please bring a business card too!).*

*For tickets: Visit our website at [www.aspiretoexercise.net](http://www.aspiretoexercise.net) to pay by credit card*

*Tickets also available at Nosh*

*If you prefer to mail your payment, please mail payment to:*



**PACE**

**1018 Tekamah Lane  
Papillion, NE 68046**

*For information or reservations, please contact:*

**Jackie Kolakowski (402) 238-6412**

**Evan Hansen (402) 641-0152**

This event benefits People Aspiring to Cycle and Exercise (PACE). Proceeds will go towards the Diabetes Pedal Pushers Program, a support group focused on promoting bicycling for fun and exercise, health and well-being, networking, education, and enjoying the great outdoors. We provide bicycles for those who do not have one, transportation when needed, and diabetes emergency kits (anticipated in Spring). This winter we hope to have a conditioning class for people involved with the Pedal Pushers program to “jump start” getting fit for the Spring! Special thanks to our partners:



**ANDREW FAUVER,  
PERSONAL TRAINER**



**diabetes education  
CENTER OF THE MIDCROSS**

*Nosh Wine Lounge*

*1006 Dodge Street*

*Omaha, NE*

*We will have representatives from:*

- *Heads-up Hounds (alert dogs for Type 1 diabetics)*
- *Square 1 (fitness)*
- *Andrew Fauver, Personal Trainer (Body Masters)*
- *PACE Representatives (new programs)*
- *Kelli Hansen (Advocate Nurses, LLC)*
- *Nancy Schwartz, Certified Diabetes Educator*
- *Diabetes Supply Center*
- *Infinity Wellness*
- *Sixth Element Therapeutic Massage*
- *and more!*