

DEMYSTIFYING DIABETES

MANAGE BLOOD SUGAR

PREVENT COMPLICATIONS

LIVE WELL WITH DIABETES, FOR LIFE!



Join us for this 4-week nutrition series, Wednesdays in January from 6 - 7 pm at Easton Area Public Library!

CLASS 1:
JANUARY 4

Diabetes basics - everything no one told you about type 2 diabetes!

CLASS 2:
JANUARY 11

What can I eat? What can't I eat? Hint - all foods fit!

CLASS 3:
JANUARY 18

Mind and movement - the role of stress, emotions, and exercise.

CLASS 4:
JANUARY 25

Living well, for life! Putting it all together.

Classes are led by Registered Dietitians

Kimberly Hollifield-Kuhlken, RD and Morgan Laugier-Neiser, RD, LDN

Sign up by visiting:

<https://www.eventbrite.com/e/493805173567>

or scan the QR code

Questions? Contact Morgan at:

Morgan.Laugier@Wakefern.com or 610-865-2439 ext. 3001



SCAN ME

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