

Diabetes & Your Lifestyle:

Taking Control of Your Blood Sugar



Thursday, May 19

9:00-10:00am

FREE seminar held at

Top

**Appliances
&
Cabinetry**

Creating Great Living Spaces

RSVP requested

337-296-1628

Join us for this FREE seminar designed to educate & empower you regarding your role in managing diabetes.

We will cover such lifestyle topics as:

- *Monitoring blood sugar, blood sugar goals, & HbA1c*
- *The role of activity and exercise in glycemic control*
- *Meal planning for optimal success*
- *How sleep and stress are affecting blood sugar*

This is a one-hour seminar that will motivate you to make changes for better blood sugar control



This seminar is hosted by Dietitian Daphne

 **my food coach**