Free Community Seminar

Diabetes 101: Healthy Eating, Better Life



Thursday, June 20, from 6 to 7:30 p.m.

Casa Colina Hospital and Centers for Healthcare, Loverso Education Center, Building 1E 255 East Bonita Avenue (at Garey), Pomona, CA 91767

PRESENTED BY



Melanie Barbee, MS, RDN, CDCES, DipACLM Registered Dietitian with Western University of Health Sciences and Certified Diabetes Care & Education Specialist

Topics of discussion will include:

- Updates to ADA Diabetes Standards of Care: Type 1, Type 2, and CDC diabetes statistics
- The importance of weight management, physical activity, and stress management to control symptoms of diabetes
- Why proper nutrition and healthy snacking can dramatically improve your health and well-being

Three easy ways to register!

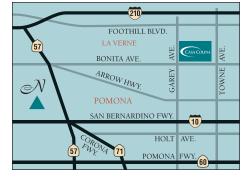
- Call 866/724-4132
- Online at casacolina.org/communityevents

Scan the QR code

Refreshments will be served and space is limited.







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