

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](https://casacolina.org/communityevents)
- Scan the QR code

Refreshments will be served and space is limited.



[www.casacolina.org](http://www.casacolina.org) •    

