Wednesday, December 6
Noon - 1 p.m.
JCK 460
Avery 365

Dr. Janet Bezner,
Associate Professor, Department of Physical Therapy;
Ms. Courtney Cary, Dietetic Intern,
School of Family and Consumer Sciences

Health and Wellness Lunch-and-Learn Series:
Living Well with Diabetes

Diabetes is a chronic disease that can result in serious health problems. The good news about diabetes is that there are numerous ways one can learn to manage diabetes to minimize the impact of these health problems. Diabetes management approaches require making daily decisions to maintain blood sugar levels in a healthy range. The same approaches that work to manage diabetes work to prevent Type II diabetes.

If you or someone you love has diabetes or if you have been told that you are pre-diabetic or at risk for diabetes, consider attending this seminar to learn about how you can best treat or prevent a disease that affects nearly 10% of the U.S. population and is the 7th leading cause of death in the U.S.