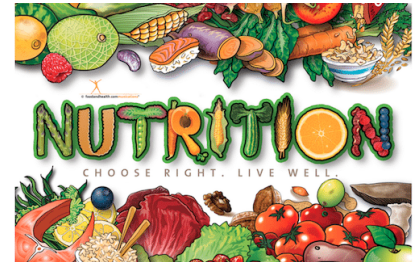


# Nutrition Workshop for Managing Diabetes and Weight



**FIRST & SECOND  
WEDNESDAYS  
OF THE MONTH, ONGOING  
12:00PM – 1:00PM**

**ONLINE FOR PARTICIPATION BY COMPUTER OR PHONE!  
FREE**

You can live well with diabetes, pre-diabetes or other chronic disease including obesity with the most nutritious diet. Certified diabetes educator Kirsten Puskar, RDN, CDCES, will help you understand managing your diet and diabetes to stay healthy. All are welcome to take part in her interactive discussions, where participants learn what it takes to maintain a healthy lifestyle. The first week we discuss the basics of diabetes and nutrition, the second week is all about meal planning. Each week the latest nutrition research findings are also explained and related to improving our everyday lives. Come join us!

**Registration REQUIRED for online participation.**

Instructions on how to join are sent to you when you register.

Contact Mariangela at 215-247-4654 or  
[msaavedra@chectnuthillpres.org](mailto:msaavedra@chectnuthillpres.org) to register.



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