
HAPPENINGS SUMMER 2021

Wednesday, July 21

The Hidden Effects of Type 2 Diabetes

12:00 pm–1:00 pm. Free. You may be missing key information on how diabetes impacts your health. Don't confuse signs of aging with the effects of type 2 diabetes. Reverse the effects of this disease like diabetic neuropathy—that numbness in your feet—and even heart disease.

Online Webinar

Register: www.ReverseMyDiabetes.net/services/training

Wednesday, August 25

Heal Diabetes with the Power of Food

12:00 pm–1:00 pm. Free. Changed your diet but can't lose any more weight? Having a hard time choosing the food you *should* eat versus what you want to eat? Food as medicine and the revelatory benefits—certain foods can sabotage your efforts; learn why counting carbs may be a gimmick.

Online Webinar

Register: www.ReverseMyDiabetes.net/services/training

Wednesday, September 22

Eating on the Run with Diabetes

12:00 pm–1:00 pm. Free. Stabilize your glucose levels during your busy lifestyle and learn that proper footwear and care can keep you on the move.

Online Webinar

Register: www.ReverseMyDiabetes.net/services/training
