
HAPPENINGS FALL 2021

Wednesday, November 17

I Don't Know What to Eat for My Diabetes

11:00 am–12:00 pm. Free.

Food is not the only reason you may struggle with your glucose, but it is the first step toward improving and reversing type 2 diabetes. Join in to find ways to enjoy food again! Participants receive a tasty, low glycemic recipe.

Online Webinar

Register: www.ReverseMyDiabetes.net/services/training

Tuesday, December 14

How to Keep Healthy Glucose Levels During the Holidays

11:00 am–12:00 pm. Free.

Don't let diabetes get you down during the holidays. Learn three steps you can take to ensure healthy glucose levels while you enjoy the holiday season. Participants receive a tasty, low glycemic recipe.

Online Webinar

Register: www.ReverseMyDiabetes.net/services/training

For more information, contact Denise A. Pancyrz: Email: Denise@ReverseMyDiabetes.net | Phone: 888.848.1763
