

# DiabetesAmerica's™ Online Healthy Living Series "12 Months to a Healthier You"

## January 2011

### Obesity and Diabetes Wednesday, January 26

Learn how obesity has a direct impact on diabetes management.

## February 2011

### Healthy Cooking at Home Wednesday, Feb. 16

Learn how to make healthy meals at home that the whole family will enjoy!

## March 2011

### Diabetes Management- Knowing Your Numbers Wednesday, March 16

Empower yourself in knowing what your lab results are and what these labs mean.

## April 2011

### Portion Distortion Wednesday, April 20

An eye opening presentation on how portions have changed in the past 20-30 years!

## May 2011

### Eye Health Wednesday, May 18

Diabetic eye disease is the leading cause of blindness. Learn how you can reduce your risk and prevent vision loss.

## June 2011

### Healthy Supermarket Shopping Wednesday, June 15

Eating healthy starts with shopping healthy. Learn how to make healthier choices at the grocery store for you and your family.

## July 2011

### Fast Food Challenge Wednesday, July 20

Eating fast food doesn't have to be a diet disaster. Learn how to make healthier choices at your favorite fast food restaurants.

## August 2011

### Stress Management Wednesday, Aug. 17

Learn how to control the stress in your life before it controls you.

## September 2011

### Start Early – Prevent Winter Illness Wednesday, Sept. 21

Learn how to take control of your health and avoid getting sick this winter.

## October 2011

### Holiday Treat Alternatives Wednesday, Oct. 19

Learn how to incorporate sweet treats into your meal planning – calories and carbs still count!

## November 2011

### Sugar, Salt and Fat Wednesday, Nov. 16

The addictive combinations that can lead to overeating and weight gain.

## December 2011

### Holiday Survival Guide Wednesday, Dec. 21

Learn how you can survive the holidays and still maintain a healthy lifestyle. Get tips on managing your diabetes so you can enjoy all the holidays have to offer!



**All events will be from  
12:00 -12:30pm**

\*Registration is required for each event

To register, please email  
[pballard@diabetesamerica.com](mailto:pballard@diabetesamerica.com)



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