

# DiabetesAmerica's™ Healthy Living Series 2009



[www.DiabetesAmerica.com](http://www.DiabetesAmerica.com)

1-866-MY DIABETES

1-866-693-4233

**April 2009**

## **Exercising with Diabetes** Wednesday, Apr. 22

Learn how to incorporate regular exercise into your daily routine with some simple, easy exercise tips.

**July 2009**

## **Healthy Summer Menu Ideas** Wednesday, July 15

Make your summer BBQ a fun and healthy event for the whole family. Get recipes, menu ideas and more!

**October 2009**

## **Healthy Treat Alternatives** Wednesday, Oct. 14

Have a sweet tooth? Need an afternoon snack? Join us for healthy treat and snack ideas.

**May 2009**

## **Beverages** Wednesday, May 20

Find out what impact your beverage choices can have on your diet and learn how to make healthier beverage choices.

**August 2009**

## **Healthy Lunch Ideas** Wednesday, Aug. 12

Get healthy lunch ideas that will work for you and your entire family!

**November 2009**

## **Reducing Holiday Stress** Wednesday, Nov. 11

The holidays can be time of great joy – and great stress. Learn how to manage seasonal stress so you can enjoy all the holidays have to offer.

**March 2009**

## **Stress Management** Wednesday, March 18

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

**June 2009**

## **Dining Out with Diabetes** Wednesday, June 10

Learn how to make healthier choices when dining out.

**September 2009**

## **Start Early – Prevent Winter Illness** Wednesday, Sept. 16

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

**December 2009**

## **Healthy Holiday Menus** Wednesday, Dec. 9

It's that time of year again! Get menu ideas, healthy eating tips and new recipes for old holiday favorites!



**All events will be from**

**12:00 -12:30pm**

\*Registration is required for each event