

DiabetesAmerica'sTM Healthy Living Series

"12 Months to a Healthier You"

January 2010

Evaluating New Year's Resolutions Wednesday, Jan. 27

With realistic goal setting, identifying barriers and proper planning you can keep your New Year's Resolutions and stay healthy all year!

February 2010

Exercising with Diabetes Wednesday, Feb. 17

Fitness plays an important role in diabetes control and prevention. Get basic exercise tips and learn how to incorporate exercise into your daily routine

March 2010

Healthy Cooking at Home Wednesday, March 24

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

April 2010

Fast Food Challenge Wednesday, April 21

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

May 2010

Eye Health Wednesday, May 19

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

June 2010

Traveling with Diabetes Wednesday, June 23

Tips for traveling with diabetes and eating healthy even when you're on vacation

July 2010

Healthy Supermarket Shopping Wednesday, July 21

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

August 2010

Beverages Wednesday, Aug. 18

Learn what impact your beverage choices can have on your diet. Plus, find out which drinks will keep you cool and healthy this summer!

September 2010

Start Early – Prevent Winter Illness Wednesday, Sept. 22

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

October 2010

Stress Management Wednesday, Oct. 20

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

November 2010

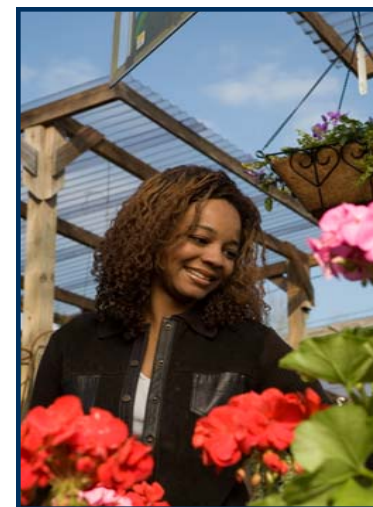
Sweeteners and Desserts Wednesday, Nov. 17

Have your cake and eat it too! Learn how to work sweets and desserts into your meal plan.

December 2010

Holiday Survival Guide Wednesday, Dec. 15

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
or
5:00 -5:30pm

*Registration is required for each event



1-866-MY DIABETES
www.DiabetesAmerica.com