

Presents

VIRTUAL

PREDIABETES WORKSHOP

**TUESDAY, NOVEMBER 30, 2021
6:00PM-7:30PM VIA ZOOM**

Suitable for individuals with prediabetes, diabetes, have a family history of diabetes, or an interest in managing blood sugar levels and healthy eating.

A 90 minute workshop facilitated by nutrition and dietetic students where you will learn:

- The signs, symptoms, and risk factors of prediabetes
- How to manage blood sugar levels through food and nutrition
- How to plan and prepare prediabetic friendly meals

JOIN US FOR A LIVE COOKING DEMONSTRATION

**MEXICAN BAKED EGGS ON
BLACK BEANS**



To register call **(905) 272-9700, ext 269**
or email: **programs@summervillefht.com**