

Spotlight on Diabetes

Monthly Topics

FEBRUARY

Diabetes Jeopardy

MARCH

Balanced Breakfast (Cooking Demo)

APRIL

Benefits of Physical Activity for Diabetes and GLP-1s

MAY

Plant-based Protein (Cooking Demo)

JUNE

Healthier Desserts (Cooking Demo)

JULY

Managing Complications of Diabetes

SEPTEMBER

*Vaccinations for People
Living with Diabetes*

OCTOBER

Diabetes & Foot Care

NOVEMBER

Exercising in the Winter