



Dancing Sky
Area Agency on Aging



This webinar was supported with funding from Age Friendly Minnesota

Living Well With Diabetes

Tuesday, November 18th 10:30am

This is an Online Event

Featuring:

- Working with your healthcare team
- Healthy eating with diabetes: weight control, meal planning, and cooking tips
- Getting and staying active
- Monitoring blood glucose
- Goal setting to promote overall health and adjusting to life with diabetes
- And more...



Click here [Eventbrite](#) to register!

Questions contact Val Mattison at val@nwrdc.org

Speaker Info.

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Essentia Health*



Essentia Health

In recognition of National Diabetes Month this November, we invite you to participate in an educational webinar focused on increasing awareness and understanding of diabetes.