



# Wellness From Within: A Weight Loss Series for Pre-Diabetics and Diabetics

Wednesday, Nov. 3 and Tuesdays, Nov. 9 and 16 , 2021

4:30 – 5:00 via Zoom

November has been designated as World Diabetes Month to bring awareness and support to the growing prevalence of diabetes worldwide. Join us for some guidance, support and resources to better manage your weight and blood sugar levels. A diabetic diet is not only for those with pre-diabetes and diabetes. It is a healthy diet for everyone. Learn how eating a Mediterranean style diet can help with weight loss and more energy!

The 3-zoom sessions will include time for questions and discussion at the end. Although this is a 3-session series, please attend one or as many sessions as you are able to. This series will not be recorded.

**Leader:** Sandy Sarni, MS, RD, MIIA's Nutrition Coordinator

## **Registration:**

[Register here for Wednesday, November 3](#)

[Register here for Tuesdays, November 9 and 16](#)