

DiabetesAmerica's™ Healthy Living Series 2009



www.DiabetesAmerica.com
1-866-MY DIABETES
1-866-693-4233



March 2009

**Stress Management
Wednesday, March 18**

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

June 2009

**Dining Out with Diabetes
Wednesday, June 10**

Learn how to make healthier choices when dining out.

September 2009

**Start Early –
Prevent Winter Illness
Wednesday, Sept. 16**

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

December 2009

**Healthy Holiday Menus
Wednesday, Dec. 9**

It's that time of year again! Get menu ideas, healthy eating tips and new recipes for old holiday favorites!

May 2009

**Beverages
Wednesday, May 20**

Find out what impact your beverage choices can have on your diet and learn how to make healthier beverage choices.

August 2009

**Healthy Lunch Ideas
Wednesday, Aug. 12**

Get healthy lunch ideas that will work for you and your entire family!

November 2009

**Reducing Holiday Stress
Wednesday, Nov. 11**

The holidays can be time of great joy – and great stress. Learn how to manage seasonal stress so you can enjoy all the holidays have to offer.

April 2009

**Exercising with Diabetes
Wednesday, Apr. 22**

Learn how to incorporate regular exercise into your daily routine with some simple, easy exercise tips.

July 2009

**Healthy Summer Menu Ideas
Wednesday, July 15**

Make your summer BBQ a fun and healthy event for the whole family. Get recipes, menu ideas and more!

October 2009

**Healthy Treat Alternatives
Wednesday, Oct. 14**

Have a sweet tooth? Need an afternoon snack? Join us for healthy treat and snack ideas.

All events will be from

12:00 -12:30pm

*Registration is required for each event