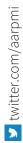


AARP Michigan

309 N. Washington Square, Suite 110 Lansing, MI 48933

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2021 DIABETES SERIES



Overview of Diabetes Series

Join us for a series of workshops on Pre-Diabetes and Diabetes. The goal of this series is to educate and motivate individuals to take responsibility for their health and the prevention and management of diabetes through nutrition, exercise and behavioral change. Learn from physicians, dieticians, exercise consultants and motivational speakers about diabetes management.



Pre-Diabetes – Is this YOU?

May 6th

1:00 - 2:00

One in three Americans have prediabetes but only 10% of people know they have it. This workshop will help you know if you are at risk and ways you can prevent the development of type 2 diabetes.

Register here:

https://aarp.cvent.com/Diabetes56

Type 2 Diabetes: Now What?

May 20th

1:00 - 2:30

This year 1.5 million people will be diagnosed with Diabetes.

During this workshop you will learn the impact Diabetes can have on your body from head to toe.

Register here:

https://aarp.cvent.com/Diabetes520

Nutrition and Diabetes

June 3rd

1:00 - 2:30

The foods you eat have a huge impact on how Diabetes effects your body. Learn strategies to eat smarter to keep the ravages of the disease away.

Register here:

https://aarp.cvent.com/Diabetes63

Diabetes: Skills for Making Long Term Changes

June 17th

1:00 - 2:30

Diabetes can be a psychologically demanding, long-term condition. Learn behavioral skills for long term positive and effective outcomes.

Register here:

https://aarp.cvent.com/Diabetes63

Exercise, Diabetes and Beyond

July 8th

1:00 - 2:30

For people who have diabetes the benefits of exercise can't be overstated. Learn exercise strategies from an expert and hear how exercise changed one Diabetic's life dramatically.

Register here:

https://aarp.cvent.com/Diabetes78



^{*}Any information you provide the host organization is governed by its privacy policy.