



**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 6<sup>th</sup>**

**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 20<sup>th</sup>**

**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 3<sup>rd</sup>**

**1:00 – 2:30**

The foods you eat have a huge impact on how Diabetes affects 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 17<sup>th</sup>**

**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 8<sup>th</sup>**

**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>

