

PLEASE JOIN US!

LUNCH TIME LEARNING

FREE VIRTUAL 15 MINUTE **WORKSHOPS** FOR
THOSE WITH **PREDIABETES OR DIABETES** AND
THEIR LOVED ONES

LED BY A DIABETES EDUCATOR
ALL ARE WELCOME!

2024 TOPICS

ENGLISH WORKSHOPS:

JANUARY 3
WHAT IS PREDIABETES?

MARCH 6
WHAT IS DIABETES?

MAY 1
TRAVELING TIPS FOR DIABETES

JULY 3
DIABETES & DIET

SEPTEMBER 4
GESTATIONAL DIABETES

NOVEMBER 6
DIABETES AND THE HOLIDAYS

SPANISH WORKSHOPS:

7 DE FEBRERO
¿QUÉ ES LA PREDIABETES?

3 DE ABRIL
¿QUÉ ES LA DIABETES?

5 DE JUNIO
VIAJANDO CON DIABETES

7 DE AGOSTO
DIABETES Y LA DIETA

2 DE OCTUBRE
DIABETES GESTACIONAL

4 DE DICIEMBRE
NAVIGANDO LAS FIESTAS CON DIABETES

FIRST WEDNESDAY OF EVERY MONTH @ 12 PM



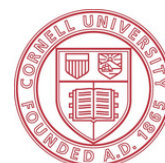
QR Code

Zoom Meeting Information

Link to join: [https://cornell.zoom.us/j/97009233089?
pwd=V09PRmkvbDMvTVpRbUNvNnlyd2ZUdz09](https://cornell.zoom.us/j/97009233089?pwd=V09PRmkvbDMvTVpRbUNvNnlyd2ZUdz09)

Meeting ID: 970 0923 3089

Password: CCE



Cornell University
Cooperative Extension
of Suffolk County