



LIVE WEBINARS

<http://diabeteskareconsulting.eventbrite.com>

10/11 from 8-9 pm EST Dirty Little Secrets.. What's Hiding in Your Products?

Did you know that the products you use every day around your house and put on your body can be causing you and your family serious health issues? According to Dr. Samuel Epstein, former head of the Cancer Prevention Coalition, "It's safer to eat a product than it is to rub it onto your skin." Attend this class, where I will share my cancer story and how that led me to become a toxic chemical consultant educating others on this important, lifechanging information. Understand how chemicals are regulated, or are they? Learn to become an informed consumer and ingredient detective. Leave ready and eager to begin making the shift from using toxic, harmful products to using safer, non-toxic, inexpensive alternatives you probably already have around your home. Register Today! You and your family's future health depends upon it!

10/19 from 8-9 pm EST Prediabetes...Could It Be You?

You know the saying "You are what you eat?" Well it really is true! In fact, according to the latest research, "about half of American adults have one or more preventable, diet-related chronic diseases and healthy eating is one of the most powerful tools for prevention." Attend this informative webinar and become educated on what, when and how much to eat! Learn how MyPlate can help you and your family make and enjoy healthy, balanced meals and prevent diet-related chronic disease. Meal planning doesn't have to be time consuming, costly or frustrating. All you really need is a basic understanding of the food groups, portion sizes and label reading then you're equipped and ready to eat healthy, prevent chronic disease and stay within your budget! Make the decision to eat better so you can feel better starting today.

10/25 from 8-9 pm EST Choosing to Shop Better to Feel Better?

You know the old saying "you can't judge a book by its cover", well, that applies to product labels too. The front of the label doesn't necessarily tell the whole story about the product! Learning to read labels, ingredient lists and navigating the grocery store can help avoid advertising pitfalls and turn unhealthy choices into healthier ones. Attend this webinar, practice while you learn, become an ingredient detective and put your favorite "healthy" product to the test! Make the decision to shop and eat better so you can lower your risk of developing chronic diseases.

Diabeteskareconsulting@gmail.com

www.diabeteskareconsulting.com

www.facebook.com/diabeteskareconsulting

CELL # 508-864-5142



11/1 from 8-9 pm EST Prediabetes...Could It Be You?

According to the CDC, "there are 84.1 MILLION adults living in the US with prediabetes and 9 out of 10 don't know it." **COULD YOU BE ONE OF THEM?** Attend this life changing webinar on prediabetes, complete the ADA risk screening questionnaire and learn the simple proven lifestyle changes you can start today to reduce your risk of developing Type 2 Diabetes and its serious, often life- threatening complications by 58-71%! Diabetes prevention is within your reach! Start today to change your tomorrows. Take the first step now and register today!

11/8 from 8-9 pm EST The Key to Type 2 Diabetes Management is in Your Daily Routine

Ever feel overwhelmed, frustrated and distressed having to live with and manage your Type 2 Diabetes? If so, this webinar is for you! Attend and you will learn that the key to successful management is simply having a basic understanding of Diabetes and following the seven AADE recommended daily self-management behaviors. Making small changes to your daily routine will lead to achieving your blood sugars goals and significantly reducing your risk of developing potentially serious long-term complications! Choose to feel better and live longer! Register today.

11/15 from 8-9 pm EST Living a long and healthy Life with Type 2 Diabetes

Did you know that Diabetes is the leading cause of kidney failure, lower limb amputations and adult onset blindness? They result from chronic elevated blood sugars. The good news is you can help decrease your risks of developing these complications by achieving your Diabetes ABC goals and having regular screenings recommended by the American Diabetes Association. Attend this webinar and start taking control of your Diabetes instead of letting your Diabetes take control of you! It is possible to live a long and healthy life with Type 2 Diabetes. Register today

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