



Lifestyle Education Classes

Join us for our monthly lifestyle education group classes.

These interactive classes are led by experts who provide education and guidance in each subject area. Class topics are focused on healthy lifestyle habits, weight management and glucose control.

These sessions are offered to individuals who participate in programs offered through the AdventHealth Diabetes Institute.

2024 SCHEDULE

(Each class is one hour)

January 23, 2024 | 11 am & 6 pm

Theme: Let's Get Motivated

February 27, 2024 | 11 am & 6 pm

Theme: Meal Planning Strategies

March 26, 2024 | 11 am & 6 pm

Theme: Exercise Prescription with exercise demo

April 23, 2024 | 11 am & 6 pm

Theme: Stress Less

May 28, 2024 | 11 am & 6 pm

Theme: Understanding Your Microbiome

June 25, 2024 | 11 am & 6 pm

Theme: Rest for Success

July 23, 2024 | 11 am & 6 pm

Theme: Plant-based Eating with live cooking demo

August 27, 2024 | 11 am & 6 pm

Theme: Emotional Eating

September 24, 2024 | 11 am & 6 pm

Theme: Exercise for the Health of It

October 22, 2024 | 11 am & 6 pm

Theme: Carbs 101

November 19, 2024 | 11 am & 6 pm

Theme: Strategies for Thriving During the Holidays



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