



# 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.

## 2023 SCHEDULE

*(Each class is one hour)*

**July 25, 2023 | 11 am & 6 pm**

*Theme: Snack Attack with live cooking demo*

**August 22, 2023 | 11 am & 6 pm**

*Theme: Emotional Eating*

**September 26, 2023 | 11 am & 6 pm**

*Theme: Roll Away the Pain*

**October 24, 2023 | 11 am & 6 pm**

*Theme: Carb Smarts*

**November 14, 2023 | 11 am & 6 pm**

*Theme: Strategies for Thriving During the Holidays*



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