CTA Wellness Presents

Diet and Diabetes
with Registered Dietitian
Abby Hanscom

Recording Now Available
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30-Minute Seminar +
Cooking Demonstration

Join us to discuss diet, diabetes and diabetes prevention. This will be a 30-minute online seminar facilitated by a licensed dietitian and diabetes educator accompanied by a cooking demonstration.

Pre-diabetic | Am I at risk? What actions can I take to prevent diabetes?
Diabetic | What actions can I take to control my diabetes?