

# Diabetes Survival Skills:

## Taking Control Through Food & Fitness

*Led by: Registered Dietitian Marcus Harris*



### Skills You'll Gain:

- A practical overview of diabetes and blood sugar management
- Problem-solving skills for handling daily diabetes challenges
- Strategies for improving nutrition and healthy eating habits
- Guidance on using fitness and physical activity to support better health
- Lifestyle approaches to help prevent and reverse insulin resistance associated with Type 2 diabetes
- Tools for building healthier routines and taking control of overall wellness



**REGISTER NOW!**



**June 10 or June 25**



**12pm or 5pm**



**ZOOM**

**For BOCC Employees Only:** This YourChoice workshop earns points in the **Physical** wellbeing pillar for Manatee Thrives.