

**PLEASE JOIN US!**

## **LUNCH TIME LEARNING**

FREE VIRTUAL 15 MINUTE **WORKSHOPS** FOR  
THOSE WITH **PREDIABETES OR DIABETES** AND  
THEIR LOVED ONES

LED BY A DIABETES EDUCATOR  
ALL ARE WELCOME!

### **2025 TOPICS**

#### ENGLISH WORKSHOPS:

**FEBRUARY 5**  
**WHAT IS DIABETES?**

**APRIL 2**  
**EXERCISE & DIABETES**

**JUNE 4**  
**DIABETES AND HYDRATION**

**AUGUST 6**  
**DIABETES & STRESS**

**OCTOBER 1**  
**DIABETES AND THE HOLIDAYS**

**DECEMBER**  
**ASK THE DIETITIAN Q&A**

#### SPANISH WORKSHOPS:

**5 DE MARZO**  
**¿QUÉ ES LA DIABETES?**

**7 DE MAYO**  
**DIABETES Y EL EJERCISIO**

**2 DE JULIO**  
**DIABETES Y LA HIDRATACIÓN**

**3 DE SEPTIEMBRE**  
**DIABETES Y EL ESTRÉS**

**5 DE NOVIEMBRE**  
**DIABETES Y LAS DÍAS FESTIVOS**

**FIRST WEDNESDAY OF EVERY MONTH @ 12 PM**



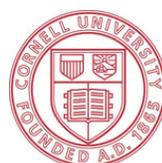
**QR Code**

## **Zoom Meeting Information**

**Link to join:** [https://cornell.zoom.us/j/97009233089?](https://cornell.zoom.us/j/97009233089?pwd=V09PRmkvbDMvTVpRbUNvNnlyd2ZUdz09)  
[pwd=V09PRmkvbDMvTVpRbUNvNnlyd2ZUdz09](https://cornell.zoom.us/j/97009233089?pwd=V09PRmkvbDMvTVpRbUNvNnlyd2ZUdz09)

**Meeting ID:** 970 0923 3089

**Password:** CCE



**Cornell University**  
Cooperative Extension  
of Suffolk County