



diabetes UNDONE

Eight 90-minute sessions at UUCF

This program content could also be called
Heart Disease Undone or Overweight Undone

The same lifestyle factors cause (and can reverse) many of these chronic diseases. Participants interested for a variety of reasons are welcome to join.

Facilitator: Deborah Chielli, a UUCF member and primary care nurse at Catoctin Medical Group—nationally Board Certified in Lifestyle Medicine, with a BS in Nutrition and Certification in Cornell’s Plant-Based Nutrition program.

Cost: \$80/individual (*a second person from the same household can attend for free as part of the initial cost because they can share the materials—and to encourage a lifestyle change for the whole family*). The fee includes:

1. (1) Diabetes Undone Workbook/ Journal
2. (1) Diabetes Undone Interactive Cookbook
3. (1) *8 Laws of Health* DVD
4. Online access to the complete video course in case you need to miss a session, would like to review the videos, or prefer streaming to DVDs.
5. Cooking demos & samples
6. Inspiring wellness talks
7. Group support
8. Expert guidance

The full cost goes to cover the material costs of offering the workshop. Deborah is offering this workshop *pro bono*.

If you are interested, please email dchielli@gmail.com with your feedback, preferences, and questions—and she will try to schedule in a way that accommodates as many people as possible:

1. Would you prefer (a) Eight Sundays with one session per Sunday for 90 minutes, 12:45pm - 2:15pm or (b) Four Saturdays each with two 3-hour sessions, either 10am-1pm or 1pm-4pm?
2. The weekends currently being considered are Saturday or Sunday, April 13/14, April 20/21, April 27/28, and May 11/12.