



## Nutrition for Pre-Diabetes, Diabetes and Overall Health

**Join us for a free 40-minute virtual presentation!**

Over 115 million Americans have either pre-diabetes or diabetes. Are you one of them? Join us for a presentation addressing what you can do to help prevent, postpone and/or control diabetes using good nutrition, exercise and behavioral modifications. It will also review background information of the risk factors, physiology and diagnosis of both pre-diabetes and diabetes

*Presented by Dina Hulbert, RD, CDE, Diabetes Center*

**Wednesday, June 3 at 2:00pm**

Link to join:

<https://atlanticealth.zoom.us/j/91267911904>

Meeting ID: **912 6791 1904**

Password: **802933**

Dial-in by Phone: **1-929-205-6099**

Enter meeting ID 91267911904 and password 802933

Please call **1-844-472-8499** or email [newvitality@atlanticealth.org](mailto:newvitality@atlanticealth.org) if you have any questions.



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