

REACH

Healthy New Heights

AT NO COST TO EMPLOYEES



InStep With Diabetes

Webinar Series

InStep with Diabetes is a series of (3) 1 hour classes that will help you better understand diabetes and the lifestyle changes needed to support healthy living. A Kaiser Permanente health educator will discuss not only why healthy eating, physical activity, and blood sugar control are important for diabetes management, but also ways to incorporate these changes into your life. The facilitator will also share resources and travel tips to further support you. You do not have to be diabetic or pre-diabetic to attend this course. You can attend to support a friend or family member by learning helpful information.

Contact: Lisa Cooperstein | Lisa_G_Cooperstein@mcpsmd.org

Date/Time: Tuesdays, October 4th, 11th, and 18th | 4:30pm - 5:30pm

Location: Online Course. Click [HERE](#) to register

