

Free Monthly Diabetes Community Series



Diabetes Lunchbox

Each online session reviews a topic focused on diabetes and lifestyle options for wellness. All sessions are hosted by a BayCare Certified Diabetes Care and Education Specialist. Questions and interaction are welcome. You can attend on any device that has Internet access, a camera and a microphone, including most smartphones, tablets and home computers.

2024 Calendar

All sessions are 12–1pm.

- January 25 Happy New Year and Happy New Goals
- February 22 Love Is in the Air – Take Care of Your Heart
- March 28 It's National Nutrition Month
- April 25 Let's De-Stress
- May 23 Did Someone Say Type 2 Diabetes Remission?
- June 27 Let's Focus on the Liver
- July 25 What's New in the World of Diabetes – CGMs, Pumps, Technology, Medications
- August 22 The Highs and Lows of Diabetes – What the Numbers Really Mean
- September 26 Resources to Help You Achieve YOUR Goals
- October 24 Keep Moving
- November 14 Get Ready, Set, Keep on Course – The Holidays Are Coming
- December 12 And to All a Good Night – The Power of Sleep

Registration is required. Session information and access details will be sent to your email address.

To register: [BayCareEvents.org](https://www.BayCareEvents.org) or 1-800-BayCare (1-800-229-2273)



[BayCareDiabetes.org](https://www.BayCareDiabetes.org)