



FREE COMMUNITY SEMINARS



Diabetes and Medications: What you need to know

FRIDAY, AUGUST 22, 2025

2:00 - 3:30 p.m.

Cooking for a Healthier You Interactive Teaching Kitchen

TUESDAY, SEPTEMBER 30, 2025

2:00 - 3:30 p.m.

Join us to learn about:

- » Designer medications that target specific conditions
- » How to successfully follow your treatment plan
- » The role of vitamins, herbal and dietary supplements
- » Identifying common barriers and roadblocks
- » Establishing a schedule and routine for optimal results
- » Finding practical solutions to support positive change
- » Question and answer session

Join us for a cooking demo & discussion:

- » Creating and sampling healthier meals and quick and easy snacks
- » Selecting nutritious food within your budget
- » Saving time by preparing meals in advance
- » Making sense of food labels and ingredients on packaging
- » Tips for wholesome cooking
- » Question and answer session



Presented by

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Registered Dietitian with WesternU
and Certified Diabetes Care
& Education Specialist

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How To Register?



Call 866/724-4132



Scan the QR code



Online at casacolina.org/communityevents



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