

FREE COMMUNITY SEMINAR

Being Active: A Key to Managing Diabetes and Living Well

TUESDAY

MARCH

31

2:00-3:30 P.M.

2026

TOPICS OF DISCUSSION WILL INCLUDE:

- The importance of physical activity for people with diabetes
- Setting realistic and achievable physical activity goals
- Creative ways to make exercise more comfortable and sustainable
- Lowering blood sugar naturally through movement



PRESENTED BY:

Melanie Barbee

MS, RDN, CDCES, DipACLM

Registered Dietitian with Western University of Health

Sciences and Certified Diabetes Care & Education Specialist

Casa Colina Hospital & Centers for Healthcare

255 East Bonita Avenue, Pomona (Loverso Education Center Building 1E)

**HOW
TO
REGISTER?**



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