CRW SOLUTIONS GROUP

NATIONAL DIABETES MONTH

THE POWER OF PREVENTION

Separating Facts from Fiction

NOV
4

HEALTHY HABITS THAT STICK

Small Changes, Big Results

Join us for an engaging and practical webinar designed to help you build sustainable habits that support long-term health and wellness. During National Diabetes Month, we'll explore how small, consistent lifestyle changes can have a significant impact on blood sugar management, energy levels, weight management, and overall well-being.

What You Can Expect

- Learn how everyday choices influence your risk for diabetes and other chronic health conditions.
- Discover simple nutrition strategies that promote healthy blood sugar levels without restrictive dieting.
- Explore realistic ways to incorporate physical activity into a busy schedule.
- Understand the important role of sleep, stress management, and hydration in maintaining good health.
- Receive practical tips for creating healthy habits that are easy to maintain at work and at home.
- Identify common barriers to behavior change and learn strategies to overcome them.
- Walk away with actionable steps you can start using immediately to improve your health.

Key Takeaway: Participants will leave empowered with practical tools and a personalized approach to making healthy lifestyle changes that are achievable, sustainable, and impactful over time.

REGISTER › JOIN ON ZOOM › November 4th • 12:00 PM – 1:00 PM

NOV
18

STRESS, SLEEP, AND BLOOD SUGAR

The Hidden Connection

Did you know that chronic stress and poor sleep can significantly impact your blood sugar levels, energy, mood, and overall health? During this informative and interactive webinar, we'll uncover the powerful connection between stress, sleep quality, and metabolic health, and discuss practical strategies for creating healthier daily routines.

What You Can Expect

- Understand how stress hormones affect blood sugar regulation and insulin function.
- Learn how inadequate sleep can increase cravings, impact energy levels, and contribute to weight gain and diabetes risk.
- Recognize common signs of chronic stress and sleep deprivation.
- Explore the science behind the relationship between stress, sleep, and overall wellness.
- Discover simple, evidence-based techniques to improve sleep quality and manage daily stress.
- Gain practical tips for creating a bedtime routine that supports restorative sleep.
- Learn workplace-friendly strategies for reducing stress throughout the day.
- Identify small lifestyle changes that can lead to better health, increased productivity, and improved well-being.

Key Message: Small improvements in stress management and sleep can have a significant impact on blood sugar control, energy levels, mental clarity, and overall health. This webinar will empower employees with actionable steps they can start using immediately to support a healthier lifestyle.

REGISTER › JOIN ON ZOOM › November 18th • 12:00 PM – 1:00 PM