



## Diabetes Awareness Month

### BEYOND THE PLATE: NOURISHING BODY, CULTURE, AND COMMUNITY

**NOVEMBER 5<sup>TH</sup> | 12:00 PM - 1:00 PM**

#### **THE HEALTHY TABLE | MAIN DISHES THAT CELEBRATE NUTRITION**

Join us for a flavorful journey into the heart of healthy eating. This session will showcase vibrant, nutrient-rich main dishes that nourish the body and delight the senses. In this session we'll explore how to build balanced dishes that support wellness without sacrificing taste. Learn practical tips for meal planning and gain insights into how main courses can be both satisfying and health conscious. Whether you're cooking for one or feeding a family, this session will inspire you to make nutrition the star of your plate.

**REGISTRATION LINK:** [JOIN HERE](#)

**NOVEMBER 12<sup>TH</sup> | 12:00 PM - 1:00 PM**

#### **FOOD, MOOD AND BLOOD SUGAR | EXPLORING THE LINK BETWEEN NUTRITION AND EMOTIONAL WELL-BEING**

Discover the powerful connection between what we eat, how we eat, how we feel, and how our bodies respond. This session will explore the science behind nutrition and emotional well-being, focusing on how food choices influence mood, stress levels, and blood sugar regulation. Learn how certain nutrients affect brain chemistry, why blood sugar swings can impact mental health, and how to build meals that support both emotional balance and metabolic stability. Whether you're managing diabetes, supporting mental wellness, menopause or simply curious about the food-mood connection, this session offers practical insights and strategies for everyday life.

**REGISTRATION LINK:** [JOIN HERE](#)

**NOVEMBER 19<sup>TH</sup> | 12:00 PM - 1:00 PM**

#### **FLAVOR WITHOUT THE GUILT | SMART STRATEGIES FOR NUTRITIOUS SIDES**

Indulge your taste buds while staying true to your health goals. This session explores how to create delicious, satisfying meals that are lower in calories, sodium, and added sugars-without sacrificing flavor. Learn how to use herbs, spices, and smart cooking techniques to elevate everyday dishes. We'll share tips for ingredients swaps, portion control, and mindful eating strategies that make nutritious choices feel indulgent. Whether you're cooking for a holiday, or a family dinner, or just yourself, this session will prove that healthy food can be crave-worthy too.

**REGISTRATION LINK:** [JOIN HERE](#)