

Norwescap Health Connections presents:

Managing Diabetes

Virtual Event

July 14th

TIME: **5:00 pm - 6:00 pm**

LOCATION: **Microsoft Teams**

COST: **FREE**

Join us!

Join our **virtual event** with Dr. Radha Patel from Star Community Health in Phillipsburg, NJ to learn how to manage your diabetes with simple, effective strategies for everyday life.

Topics include:

- Meal planning & nutrition tips
- Easy exercise routines
- Managing stress
- Monitoring blood sugar
- Staying on track with medications

Whether you're newly diagnosed or managing diabetes long-term, this session will help you live healthier and feel more in control.



Dr. Radha Patel

July
14th

5 pm - 6 pm on Teams

To register email
ceed@norwescap.org



NORWESCAP