



Diabetes Wellness Group Monthly Webinar

The Stanford Medicine Diabetes Care Program offers a monthly webinar for adults with diabetes and their families. Each month, an educational offering is provided by an expert on the featured topics. The moderated webinar series can be viewed live on the Stanford University Zoom platform. Participants are encouraged to ask questions, share ideas, and gain information.

- Date** Webinars occur the second Thursday of each month and are open to the community at no cost
- Time** 5:00pm – 6:30pm
- Registration** stanfordhealthcare.org/events
- Venue** Online Zoom
- Information** Contact asimos@stanfordhealthcare.org

Featured Topics

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|----------------|---|--------------------------------------|
| Aug 13 | Prevention of Eye Disease, Kidney Disease, & Neuropathy | <i>Yunzi Gu, NP, CDE</i> |
| Sept 10 | Navigating Medication Management | <i>Stanford Health Care Pharmacy</i> |
| Oct 8 | Impact Exercise has on Blood Glucose | <i>Marina Basina, MD</i> |
| Nov 12 | Meal Planning for a Busy Life | <i>Gina Milano, RD, CDE</i> |
| Dec 10 | Healthy Holiday Eating | <i>Leah Grappo, MS, RD, CDE</i> |

For more information about Stanford Health Care Diabetes Care offerings:
stanfordhealthcare.org/diabetes

