

## Diabetes and you workshop

You are invited to join us for a free lunch and learn workshop on diabetes. Do not miss this opportunity to hear Ms. Amy May, RD, LD, CDE, Educator in Diabetes and Obesity Marketing at Novo Nordisk Pharmaceuticals Inc.

### The workshop will cover the following topics:

- What is diabetes and why does it happen?
- Risk factors and signs of diabetes
- How to manage diabetes
- Making a plan for staying active
- Checking and managing your blood sugar
- Coping with diabetes

**When:** November 4 from noon until 1 p.m.

**Where:** Edventure Children's Museum's Canal Room, 211 Gervais Street, Columbia, SC. Click [here](#) for directions to Edventure Children's Museum.

**Cost:** Free

If you are interested in attending the workshop, click [here](#) to register. For more information about the workshop contact Ramsey Makhuli at [rmakhuli@peba.sc.gov](mailto:rmakhuli@peba.sc.gov) or at 803.737.3823.