



Coming Right Up

Three Fantastic Diabetes-Wellness Events

The Week of November 22

Discover New Skills, Knowledge and Tools Take More Control of Health and Well-being.

Journey through our Chakras
Diving into Our Energy Bodies to Promote Healing

This event includes an explanation of the energy centers in the body. By tapping into each chakra, attendees may be more conscious of each energy center and attain greater harmony in body, mind, and spirit.

Date and Time: Tuesday, November 23, 2021 at 1:00 p.m.
Registration: https://soadi.wufoo.com/forms/qvqbn601uujz5x/?fbclid=IwAR1aIOvNgD_pHzwnfqi35PRBC
For more information, contact Natalie Mooy at nmooy@soadi.org

Inspirational Speakers Series
EDUCATION OF DIABETES TAKES GOOD CARE OF YOU

Speaker: Robert Fenton

Robert Fenton, Director of Diabetes Services, will discuss the importance of education in diabetes management. He will share his personal experience with diabetes and how education has helped him manage his condition. He will also discuss the importance of education in preventing complications and improving quality of life.

Date and Time: Wednesday, November 24, 2021 at 1:00 p.m. and 7:00 p.m.
Registration: https://soadi.wufoo.com/forms/inspirational-speakers-series?fbclid=IwAR10o6crW_nE0TJ2VfS_wBU2v23YH8kBJFwfkHyxQVo0Hy0CS9cH_SHui8I

Diabetes Tips and Tricks

How lifestyle and daily routine affect Our Lives

Whether you were recently diagnosed or have lived with diabetes for years or even decades, there is hope. Kathleen LaForme is here to help. Kathleen can help you take greater control over your diabetes.

Kathleen LaForme offers tips on lifestyle, eating and other practical guidelines to make the journey easier.

Date and Time: Thursday, November 25, 2021 at 1:30 p.m.
Registration: <https://soadi.wufoo.com/forms/diabetes-tips-tricks?fbclid=IwAR1dEfOnCwxwabaLCssggi1BNHnYhKf6dJiHI9R3gBQhuBWFz0ksnpr45uYs>
For more information, contact Kathleen LaForme at klaforme@soadi.org

ALL ARE WELCOME

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Journey Through Our Chakras,
featuring Natalie Mooy

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[E6iQ4QSDwvvyPmLOEsrl5ZaJ9atWZZxE5LA](https://soadi.wufoo.com/forms/qvqbn601uujz5x/?fbclid=IwAR1aIOvNgD_pHzwnfqi35PRBC)

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Education of Diabetes Takes Good Care of You

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