Are you interested in learning more about diabetes?
Do you or someone you know have diabetes?
Are you interested in learning ways to improve your health and prevent diabetes?

TIME: 5:30-6:30 p.m.
LOCATION: ALVIN SHERMAN LIBRARY, ROOM MR2053

October 15, 2015: Power Over Diabetes—An Overview (Spanish)
October 22, 2015: Power Over Diabetes—An Overview
November 12, 2015: Diabetes and Healthy Eating
January 12, 2016: Diabetes and Exercise
January 20, 2016: Diabetes and Eye Health
Location: Alvin Sherman Library, Room 4009
February 4, 2016: Power Over Diabetes—An Overview
February 18, 2016: Diabetes and Medication Management
March 22, 2016: Power Over Diabetes—An Overview
March 24, 2016: Diabetes and Children
April 13, 2016: Diabetes and Exercise

Register via SharkTalent for the classes you plan to attend.
For more information about the program, email idea@nova.edu or visit www.nova.edu/chcs/idea/.