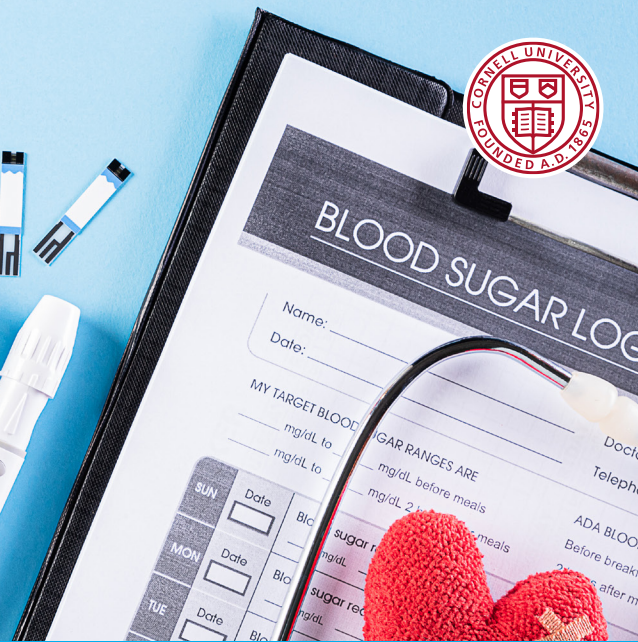


National Diabetes Awareness Month Happenings



What is Diabetes?

34.2 million Americans, just over 1 in 10, have Diabetes. 88 million American adults, 1 in 3, have Pre-Diabetes. With rates that high, most people know someone with Diabetes or Prediabetes.

Diabetes Tip Tuesdays: weekly postings on social media highlighting the teams' "success stories".

Food as Medicine Diabetes Education Class Series/ Diabetes Support Group: Every Monday 6:00 pm in English and 7:00 pm in Spanish. Contact Cristina Tierney (cft36@cornell.edu) for Zoom Link. Virtual only.

Ask the Dietitian: November 3rd. Connectquot Library; 2:00 - 3:00 pm.

Navigating the Holiday with Diabetes. November 5th. Lunchtime Learning virtual in Spanish.

Tips for Navigating the Holidays: November 12th. Diabetes presentation; 2:30 pm at the Emma Clark Library.

Diabetes Prevention: November 13th. Virtual presentation for the EAC Network.



Isla manning the Ask the Registered Dietitian table.

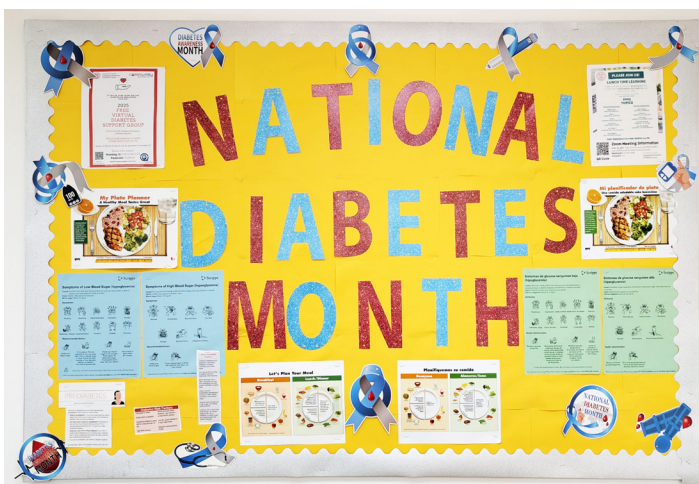
The Sweet Truth Diabetes Forum: November 19th at the Huntington Community First Aid Squad in Huntington Station. 1:00 - 3:00pm; All welcome.

Veterans Resource Fair: November 19th, 11:00 am - 2:00 pm. Sponsored by Suffolk County Legislator Nick Caracappa. Middle Country Public Library, Selden. All Welcome.

Diabetes Awareness: November 19th. Presentation for Options Care Amityville

Plants--Health Happens Here: November 20th. Workshop at the Connectquot Library; 11:30 am.

Ask the Dietitian: November 21; 11:30 am - 1:00 pm; MCPL Centereach.



Bulletin board celebrating National Diabetes Awareness Month is displayed in the waiting room at the Sun River Health Center in Amityville.

*All events are led by a Registered Dietitian
If you have any questions, contact Linda Altenburger,
CCE Diabetes Program Manager: la276@cornell.edu*

Cornell Cooperative Extension | Suffolk County

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Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.