Building Awareness of the Role of Nutrition in Diabetes

November 04th, 2022
10:00-11:00

Join Kathleen Gibson RD CDE as she shares information on the role of nutrition in preventing and managing diabetes. This session will focus on what is diabetes, what are complications and how to respectfully support people living with diabetes.

Learning Outcomes:
- Understand what diabetes is and how it works in the body,
- understand basic healthy eating principles,
- understand how different foods affect blood glucose,
- identify strategies to support people living with diabetes

Speakers:

Kathleen Gibson RD CDE, FNIHB Community Nutrition Advisor; Kathleen has worked as a dietitian and diabetes educator with FNIHB for more than 17 years. She has a professional and personal interest in helping people live well with diabetes.

Target Audience: community health, community social programs, food bank staff

Please register for session at:
http://WWW.FNTN.CA

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Meeting ID: 811 8764 3862
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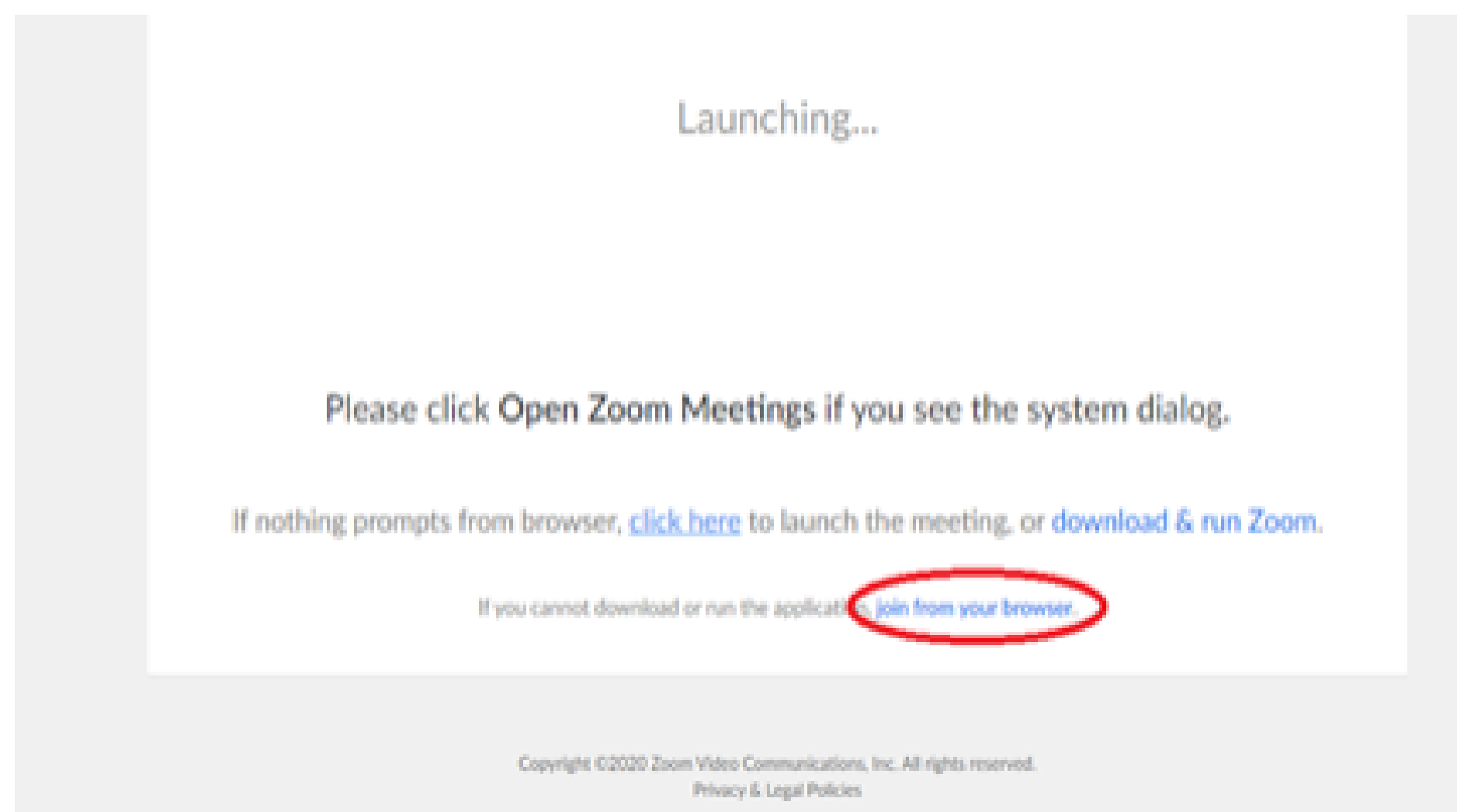3. Passcode: **023053**
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