

Join us for a FREE, educational Town Hall series to help tackle the issues faced by people living with diabetes. Ask your question in a live Q&A with Association diabetes experts.

**Missed any of the series?** Catch the recordings at [diabetes.org/experts](https://diabetes.org/experts).

### Coping with Diabetes

**Tues., August 22, 2017 | 1:00 PM ET**

For people with diabetes, coping is a daily challenge. Learn about feelings that are commonly experienced and tips for managing those emotions.

### Planning Meals

**Mon., December 18, 2017 | 1:00 PM ET**

Having diabetes doesn't mean you can't ever eat your favorite foods. The key is a combination of what, how much, and when to eat.

### Blood Glucose for Beginners

**Wed., September 27, 2017 | 1:00 PM ET**

Learn how food, activity, and medication influence your blood glucose.

### Managing Stress

**Wed., January 24, 2018 | 2:00 PM ET**

Learn how stress can affect blood glucose, and high or low blood glucose can also affect your feelings.

### Grocery Shopping

**Tues., October 17, 2017 | 3:00 PM ET**

While you may need to make some changes in what and how much you eat, with a little planning, you can still enjoy eating—including your favorite foods.

### Living Well and Getting Support

**Wed., February 21, 2018 | 1:00 PM ET**

You don't have to do this alone. With education and support from family, friends, and your diabetes care team, you can live a healthy, fulfilling life with diabetes.

### Introduction to Getting Active

**Thurs., November 16, 2017 | 6:00 PM ET**

Get practical tips on incorporating physical activity into your day and the benefits of getting active, even if you've never exercised before.

**Share the link and invite anyone you know who may benefit from expert guidance to living well with type 2 diabetes. [diabetes.org/experts](https://diabetes.org/experts)**

#### RECORDED PRIOR EPISODES

### Managing Diabetes

Get the basics and understand what can be managed, such as taking your medication as prescribed, checking your blood glucose, making healthy choices, and managing your stress.

### Nutrition Basics

Nutrition, an important part of a diabetes treatment plan, helps you manage your blood glucose and lose weight, which can help to lower your risk of diabetes-related complications.

**REGISTER TODAY!** Visit [diabetes.org/experts](https://diabetes.org/experts). Text **EXPERTS** to **828282** to register for the series.  
**QUESTIONS?** Contact us at **1-855-565-0595** or via email at [askada@diabetes.org](mailto:askada@diabetes.org)