



NOURISHED LIFESTYLES

A Team of Registered Dietitians

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## Blood Sugar Control Program

### A Nutrition-Based Approach to Managing Blood Sugar

*Do you feel that you would benefit from additional support with blood sugar control?*

This program is led by **Registered Dietitians**. It includes **six group sessions**. Participants will meet weekly via video conferencing. Session topics include:

- How to balance your diet to optimize your blood sugar
- Finding sustainable ways to move your body & the importance of controlling blood sugar
- Understanding diabetes and treatment
- Learning to cope with stress and other factors that impact blood glucose levels
- Learning to set reasonable, achievable health goals

### Where and When?

- This program is virtual
- Program participants will meet one-on-one (virtually) with their group dietitian prior to the first group session. During this initial meeting, you and your dietitian will review the course, discuss individual goals and look over a roadmap for success
- Check online for dates and times



### Cost

Insurance may cover the cost of this program. Our team will work with you to determine your coverage.

We are in network with:



Space is limited, register online at [www.nourishedlifestyles.com/group-programs](http://www.nourishedlifestyles.com/group-programs)