





## Free Online Programs 2023 (continue)

7. **(New class starting in March) Monthly Prediabetes and Diabetes Prevention:** Learn about lifestyle and diet changes to prevent type II diabetes and decrease insulin resistance-- **Every 1<sup>st</sup> Thu of each month from 3-4 pm**

**Date offered:** Mar 2                      Apr 6                      May 4                      Jun 1                      July 6  
 Aug 3                      Sep 7                      Oct 5                      Nov 2                      Dec 7

**Register here:** [https://kumc-ois.zoom.us/meeting/register/tJYkcuChrztE9S4p04UvuelJqhMYHrHEOlh](https://kumc-ois.zoom.us/j/9584958495)



8. **Weight management and Type 2 Diabetes:** Learn about insulin resistance and the link with weight and type 2 diabetes. Review general diet guidelines, over the counter supplements, prescription weight loss medications and bariatric surgery-- **Every 2 months on 4<sup>th</sup> Tue from 12-1 pm**

**Date offered:** Jan 24                      Mar 28                      May 23  
 Jul 25                      Sep 26                      Nov 28

**Register here:** [https://kumc-ois.zoom.us/meeting/register/tJApcuyqrD4uG9eDwmHQiqJ6Zxsxcdi5Yka8](https://kumc-ois.zoom.us/j/9584958495)



9. **Introduction to Low Carb and Keto Diet Plans in Diabetes Management:** This class will help you understand the low Carb and Keto Diet Plans and learn if Keto diet plan is appropriate for you in helping with diabetes management --**Every 2 months on 3<sup>rd</sup> Mon from 12-1 pm (\*except Apr)**

**Date offered:** Feb 20                      Apr 10\*                      Jun 19  
 Aug 21                      Oct 16                      Dec 18

**Register here:** [https://kumc-ois.zoom.us/meeting/register/tJUtdeuoqzkoGtWUAitg\\_iWOPZiq0izn92-b](https://kumc-ois.zoom.us/j/9584958495)



10. **Wellness Series:** Regardless of your current health, everyone can benefit from knowing how to maintain healthy blood sugar from diet and lifestyle and using these tools for life. —**On selected Tue from 12-1 PM**



**10.1 Nutrition for Balanced Blood Sugar:** We will discuss how food quality and macronutrients impact blood sugar and learn how to create balanced meals for optimal blood sugar control.

**Date offered:** Jan 31                      May 23                      Sep 19

**Register here:** [https://kumc-ois.zoom.us/meeting/register/tJYvdeutqTMuHtAj2sZiE35BGIUEKaAg1vCO](https://kumc-ois.zoom.us/j/9584958495)



**10.2 Moving for Better Health:** Come learn about current exercise recommendations, health benefits of exercise, and how to get started with goal setting. Bring your questions, barriers to exercise and share helpful tips for how you have implemented exercise into your life.

**Date offered:** Feb 28                      Jun 20                      Oct 31

**Register here:** [https://kumc-ois.zoom.us/meeting/register/tJlpdeutqTIsGN2xFzTS5YkZKzQA9QdH6pDp](https://kumc-ois.zoom.us/j/9584958495)



**10.3 Stress and Your Health:** We will discuss the various causes of stress, how stress impacts health and healthy coping strategies to reduce stress.

**Date offered:** Mar 28                      Jul 25                      Nov 21

**Register here:** [https://kumc-ois.zoom.us/meeting/register/tJ0kde2trzlV9w8Ff7JAFoF6YIzsmxk2nQI](https://kumc-ois.zoom.us/j/9584958495)



**10.4 Sleep and Your Health:** We will discuss the importance of sleep, health consequences of inadequate sleep and tips for how to improve sleep quality and quantity.

**Date offered:** Apr 25                      Aug 22                      Dec 19

**Register here:** [https://kumc-ois.zoom.us/meeting/register/tJwqcuqtqT0qGNEFs99cZZWBKYI\\_SuKjdikd](https://kumc-ois.zoom.us/j/9584958495)