Sugar High

Diabetes Awareness and Prevention

October is the leading month for candy sales nationwide (2 billion spent on candy in the U.S. each year). This season tends to start the holiday eating trend, and includes a lot of added sweets. Type II Diabetes is a chronic disease, that in most cases, can be prevented. This session is for all employees, to raise awareness about this chronic condition, disease management, and tips to aid in prevention. Join us on October 26 from 12 p.m. - 1 p.m., in Gilchrist 007. To register visit: hrs.uni.edu

FOR ADDITIONAL INFORMATION CONTACT
EMPLOYEEWELLBEING@UNI.EDU