All Programs are Free and Open to the Public.



South Asian Wellness & Management Diabetes Education Program

Presented by:

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The goal of this project is to educate the South-Asian community about diabetes in a series of five (5) informative sessions. We will be providing information about diabetes, medications, nutrition, and the important role exercise plays in living a healthy and productive life managing diabetes.

Session Dates



Overview: Thursday, April 27 Healthy Eating: Thursday, May 4 Medications: Thursday, May 11 Stress Mgmt.: Thursday, May 18 Nutrition: Thursday, May 25

All sessions held from 1pm to 3pm

Registration is required.
Participants MUST attend all five sessions.

New Jersey Agricultural Experiment Station





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