

# Serving Up Knowledge

## March 2023

# Blood Sugar and Diabetes: What You Need to Know

Join Mike Becker – Registered Dietician from Wellness Coaches to learn:

- Importance of testing blood sugar regularly
- How to interpret blood sugar results
- What to look for and how to maintain a healthy blood sugar level
- How blood sugar tests can help prevent certain diseases
- Click on one of the links below to add to your calendar!
  - [Thursday March 16 at 12:00p EST](#)
  - [Tuesday March 21 at 12:00p EST](#)

