

UPCOMING NUTRITION WORKSHOPS

for Pre-Diabetes & Diabetes



Are you looking to reverse a Pre-Diabetes diagnosis or better manage your Type II Diabetes?

In these upcoming workshops Anne will cover the following areas: food and nutrition, label reading, beverages, blood sugar management, movement, and small lifestyle changes.



- TUESDAY NOVEMBER 11: NOON - 1:00 P.M.
- SATURDAY NOVEMBER 15: 10:00 - 11:00 A.M.
- TUESDAY NOVEMBER 18: 6:00 - 7:00 P.M.



EACH WORKSHOP:

***UFC MEMBERSHIP NOT REQUIRED**

\$25 FOR UFC MEMBERS

\$40 FOR NON-MEMBERS

**SCAN THE QR CODE TO
REGISTER ONLINE TODAY!**



About our presenter: Anne Jamison

Anne is an Integrative Nutrition Health Coach from Institute for Integrative Nutrition, a Certified Nutrition Coach and Certified Personal Trainer through the National Academy of Sports Medicine (NASM)



PennState Health
Milton S. Hershey Medical Center

UNIVERSITY FITNESS CENTER

30 Conference Dr. | Hershey PA 17033



717-531-7075



ufc.pennstatehealth.org