

## North Carolina Cooperative Extension - Catawba County Center

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Newton, NC—The holidays are a time of joy for many people. Unfortunately, they are also a time of stress for various reasons. If you have diabetes, you might feel as if you are missing out on your favorite foods, or you might feel overwhelmed trying to manage your disease.

On Wednesday, December 8, at 1:30 p.m. at the Agricultural Resources Center in Newton, NC Cooperative Extension will present “Enjoying the Holidays When you Have to Manage Diabetes.” Participants will learn how to avoid weight gain and manage blood sugar during the holidays. Each participant will receive planning tips and healthy holiday recipes. Family and consumer sciences agent, Dr. Glennie Daniels will lead the session.

The work shop is free, but registration is required by December 6. Call 828-465-8243 to register.

