

National Diabetes Awareness Month Webinar Series

Beltsville, MD, October 27, 2023 - The African American Diabetes Association announces EMPOWERMENT: A Diabetes Webinar Series, which will be held every Wednesday (excluding Thanksgiving eve) during the month of November from 7:00 PM to 8:30 PM.



EMPOWERMENT

A DIABETES WEBINAR SERIES

NOVEMBER 2023

- 1** It's Not Your Fault
- 8** Let's Take Our Power Back!
- 15** Diabetes Management During the Holidays: What to Eat and What to Avoid
- 29** Overcoming the Holiday Blues with Movement



Diabetes Awareness Month

Join us Wednesdays in November from
7:00pm - 8:30pm EST!



Register Online Today!
bit.ly/3rUwUcx

WITH
Dr. Adesola Oke

Beltsville, Maryland Oct 27, 2023 ([IssueWire.com](https://www.IssueWire.com)) - [This free webinar series](#) is designed to help African Americans with diabetes understand why their diagnosis is not their fault. Experts will discuss how the system has been rigged at birth against African Americans, and how Blacks can work to take control of their health and well-being. The first workshop will be led by two of the founding members of

the African American Diabetes Association, Barbara King and Leon Rock with the remaining workshops facilitated by Dr. Adeola Oke, BSN, PharmD, MPH, BCPS, a nationally recognized health and wellness Subject Matter Expert. The workshops will cover a variety of topics, including:

- How the system is rigged at birth against African Americans (health disparities)
- The science of diabetes
- Managing blood sugar levels
- Nutrition and diet
- Exercise and physical activity
- Medication management
- Stress management
- Emotional support, and much more...

Barbara King, Chair of the Board of AADA, said, “The webinar series is designed to be informative and supportive, and will provide participants with the tools and knowledge needed to manage diabetes and live healthy, fulfilling lives.”

Register for the webinar series at bit.ly/3rUwUcx

Individuals and organizations can donate to the African American Diabetes Association at www.africanamericandiabetes.org to support the organization's mission.



REGISTER

LIVE WEBINAR

Diabetes Webinar
“It’s Not Your Fault”

Leon Rock, M. Ed
Co-Founder & CEO of AADA

Barbara King, M. Ed
Co-Founder & AADA Board Chair

7:00pm - 8:30pm
1 November 2023

A webinar discussion

- What is diabetes and how is it diagnosed?
- Learn why being diagnosed with this condition is not your fault!

Zoom | africanamericandiabetes.org | **Facebook LIVE**

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Source : African American Diabetes Association, Inc.

[See on IssueWire](#)