



"Beyond the Table" Nutrition and Diabetes Symposium

Join us for insightful discussions on preventing diabetes and embracing a healthy life with diabetes. The theme focuses on holistic well-being, exploring lifestyle factors beyond just food. Speakers Becky Moffat and Heather Tate from Summit Healthcare Diabetes Education will share practical tips for balanced living, making this event a must for those seeking preventive measures or managing diabetes.



**Thursday,
March 21, 2024**



3:00 PM - 4:00 PM



Summit Healthcare Conference Center

Administrative Services Building
4951 S. White Mountain Rd., Bldg C, Show Low, AZ 85901



Light snacks and drinks will be provided. A short Q & A with presenters will follow the presentation. No registration required.



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Summit Healthcare
928-537-4375
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