



DIABETES EDUCATION PROGRAM

Need help managing and understanding diabetes?

Join us for our diabetes education program. The program includes a **TWO HOUR** nutrition class with education materials and a **ONE HOUR** initial consultation. The fee for the program is *only* \$150.00. For upcoming dates and to register online go to www.nutrition5.com, scan the QR code or call 443-490-1240!

If you are unable to make the 2 hour class we also have a diabetes program that includes a 1 hour initial consultation and a 30 minute follow-up for \$150.00. Call 443-490-1240 to schedule.



- ✓ LEARN HOW TO CONTROL YOUR BLOOD SUGARS
- ✓ IN-DEPTH EDUCATION OF CARBOHYDRATES
- ✓ DECIPHERING FOOD LABELS, CARB COUNTING & MORE

SCAN BELOW TO
REGISTER ONLINE



NANCY LUM, RD, LDN

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