

# Pre-Diabetes/Type 2 Diabetes Group

**Are you looking for education and support to manage your Type 2 Diabetes or Pre-Diabetes? Join our Nutrition Group for expert guidance, peer support and practical tips regarding food choices, meal planning, and other ways to improve your blood glucose.**

**We have 2 different group offerings. See details below.**

**In Person:** 10:45 AM -11:45 AM (PST)

Fridays: 1/19, 1/26, 2/2, & 2/9

**Virtual:** 5:30 PM - 6:30 PM (PST)

Wednesdays: 1/24, 1/31, 2/7 & 2/14

**Fee:** \$290

**Discount:** \$240 register by 1/9/24



**Come and take control of your health through informed nutrition choices. Our Pre-Diabetes/Type 2 Diabetes Group is here to support you.**

**To Sign up** Click link or QR code: <https://forms.gle/aaLtDDLtMtU6KFgG9>



**Location:** Bay Area Nutrition, LLC

408-370-7731 [www.BayAreaNutrition.com](http://www.BayAreaNutrition.com)

**Location:** 441 N. Central Ave #2A, Campbell, CA 95008 or via Zoom

**Facilitator:** Stephanie Brooks, MS, RD, CEDS-S

About the facilitator: Stephanie Brooks, MS, RD, CEDS-S, earned her BS from UC Berkeley (GO Bears!) and MS from San Jose State University. She founded Bay Area Nutrition in 1999 to provide individuals, families and groups with evidence based nutrition counseling to guide and empower clients to improve their health and well being. Stephanie is passionate about her work and loves to see the 'ah-ha' moments when clients start to feel better, have more energy, improve health and find their right balance.