

Diabetes Next Steps Program

An 8-week program focusing on the positive impact of nutrition and exercise on Type II Diabetes. Through the support of your peers, a Registered Dietitian, and an exercise specialist, you will gain the knowledge, guidance, and confidence to improve your health.

IN-PERSON Program:

Tuesday, September 27 – November 15 from 5:30-6:30p
(Held at the South Burlington EDGE)



UVM Employee Wellness will cover \$55 toward the cost of this program! For more information, email genavix@edgevt.com or call 802-951-2320.

