

Guest Speaking

Topics include (but not limited to):

- **Salt and blood pressure**
- **Footcare and diabetes**
- **Diabetes self management**
- **Fibre**
- **Cooking for 1 or 2**
- **Gestational diabetes & Postpartum care**
- **Heart health**
- **The ABCs of Diabetes**
- **Label reading**
- **Eating Well Away from Home**
- **Diabetes & Mental Health**