



Ways to Prevent and Manage Diabetes

Wednesday, April 9, 2025 | 6 p.m.

Location: Zoom Meeting



Join **ELIZABETH IOZZINO**, a registered dietitian and certified diabetes care and education specialist from the Capital Health Diabetes Education Center, to learn how to create balanced meals and understand the difference between monitoring your blood sugar with a glucometer and a continuous glucose monitor. Elizabeth will also discuss the latest diabetes technologies and how they can help guide your meal choices and times.

This event will be taking place virtually using Zoom. Register online at capitalhealth.org/events and be sure to include your email address. Zoom meeting details will be provided via email 2–3 days before the program date. Registration ends 24 hours before the program date.



capitahealth

Minds Advancing Medicine

@capitalhealthnj     

capitalhealth.org