

Wednesday, April

2

6-7:30pm
Nurturing Mental Health
in Diabetes Management
with Mindfulness



Monday, April

21

6-7:30pm
Diabetes - Specific Diet
with a Dietician



Tuesday, May

6

6-7:30pm
Cultivating Mental Wellness
with Mindfulness
in Heart Disease Care



Thursday, May

22

6-7:30pm
Fitness Workshop



Wednesday, June

11

6-7:30pm
Nutrition and How it Can
Help Manage Heart Disease
with a Dietician



Tuesday, June 17

17

6-7:30pm
Childhood Obesity

Chronic Disease Prevention & Management Series: Heart Disease & Diabetes



MECKLENBURG COUNTY
North Carolina

Public Health



Parry's Wellness
& Diabetes Center

Board Certified Endocrinologist and Holistic Lifestyle Expert



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