



My wellness connection

Health information and tips

We're sharing the links to the most recent version of My Wellness Connection that focuses on **Diabetes: Taking Control**. Download this month's issue for health information and tips you can share with your employees. Also, register today for this month's complimentary webinar available to you and your employees. Share the details below.

English Version: [My Wellness Connection](#)



Complimentary Webinar:

Managing and Reversing Prediabetes and Diabetes

Presented by NDC Nutrition

Nearly 12 million Canadians are living with diabetes or prediabetes. And every three minutes, another Canadian is diagnosed. 90% of people living with diabetes have type 2. The good news is type 2 diabetes is preventable and can be reversed when detected and managed early. This session will teach participants about the important role of nutrition plays in managing and possibly reversing diabetes.

Bonus Article: [Preventing & Managing Diabetes with Nutrition](#)

[Click to register today!](#)
[November 28th @ 1pm-2pm EST for the English session](#)

Get Well. Stay Well. Live Well.



Questions? Please contact info@groupecenseo.com

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