

November  
is National  
**DIABETES**  
Awareness  
Month

**WATSON CLINIC**

Diabetes Education

# Balancing Blood Sugar: Small Changes, Big Impact.

Have you been recently diagnosed with diabetes or prediabetes,  
lived with diabetes for years, or been told that you're  
insulin resistant?

**Join Watson Clinic's Diabetes Education department  
for a **FREE INFORMATIONAL SEMINAR** featuring:**

- Live demonstrations of the latest blood sugar management tools and technologies!
- An opportunity to meet Watson Clinic's expert team of Certified Diabetes Care and Education Specialists, Registered Dietitians and Nurses!

*This event is open to Watson Clinic patients and a family member.*

**Choose **ONE DATE** to attend:**

Wednesday,  
**November 5, 2025**



Wednesday,  
**November 19, 2025**

**12:15 pm – 12:45 pm**

Watson Clinic Main Library | 1600 Lakeland Hills Blvd | Lakeland, FL 33805



**Reserve your spot today—seating is limited!**  
**RSVP** by calling **863-904-4663**, scanning the **QR code**  
to the left or visiting **WatsonClinic.com/Events**.