



**WATSON CLINIC**

Diabetes Education

# Discovering the POWER of **NUTRITION**

Healthy eating can enhance the quality of your life, boost your energy and cognitive function, and lower your risks for chronic diseases like heart disease, diabetes and several forms of cancer.

Just in time for **National Nutrition Month**, you're invited to join **Watson Clinic's Registered Dietitians** for this **FREE** informative discussion on the keys to maintaining a healthy and balanced diet.

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

*Wednesday, March 18, 2026*  
**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**.