

# Source4Women online seminars



*Source4Women offers online seminars covering the health care topics that are important to women, at no additional cost to you.*

Our online seminars are fully interactive and include audio and video from our health, wellness and nutrition experts. Best of all, you can e-mail our speakers with your questions during the presentation and they will respond during a question and answer session.

## Eating to Prevent and Control Diabetes

**Kathleen Zelman, MPH, RD**

**Tuesday, November 16, 2010, 12:30 p.m. ET, 11:30 a.m. CT**

Whether you are newly diagnosed with diabetes, have had it years or are trying to prevent it, this webinar is for you. Learn more about the disease that affects 24 million Americans and 57 million (or 1 in 5) people who are pre-diabetic. Get tips on diet and lifestyle changes that can help you prevent the onset of diabetes and manage the condition with greater success.

Kathleen Zelman is a nationally-known nutrition correspondent, editor, and contributing writer of diet and nutrition articles. She currently serves as director-at-large on the American Dietetic Association (ADA) Board of Directors, and received the prestigious ADA "Media Excellence Award" for her contribution and commitment to educating consumers about food and nutrition issues through the media.

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