

# THRIVE LOCAL

## A Community Night for **DIABETES** & Weight Wellness EDUCATION

*A Free Community Session on Diabetes & Weight Wellness*

### July 30<sup>th</sup>, 2025

5:30pm to 7:00pm - at the Masonic Lodge

Healthy Snacks & Refreshments Provided

#### WHAT YOU'LL LEARN

##### Medical Management

*with Dr. Ariana Feuvrier*



- How diabetes progresses & why glucose control matters
- Medication tips to stay on track
- How weight impacts diabetes and how to manage it

##### Nutrition Education

*with Ahmicqui Bribiescas-Page, MS, RDN*



- Simple meal planning for blood sugar stability in everyday life
- Eating healthy on a budget
- How to understand carbs, fiber, sugar, protein, and more on food labels

##### Physical Activity

*with Jonathan Felsen, Physical Therapist*



- Resistance band demo + take-home guide
- Walking tips for heart & glucose health
- Breaking down exercise myths
- Get a free step log & exercise band!

#### WHAT YOU'LL GET

##### Tools & Resources



- Learn about continuous glucose monitors (CGMs) from Dexcom Rep Patricia
- Connect with health plan reps from Molina, IEHP, Blue Cross PPO, and Medicare
- Get free educational materials in English and Spanish

##### Free Giveaways

*(While Supplies Last)*



- Resistance bands with visual workout cards
- Nutrition tracking journals
- Daily walking logs

Join us for an empowering evening focused on taking control of your health through realistic nutrition, movement, and smart diabetes management.

**OPEN TO THE ENTIRE BIG BEAR COMMUNITY!**