

Employee and Retiree Service Center
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November Wellness Webinar—Diabetes and Healthy Eating

Understanding how to manage food and nutrition is essential for individuals living with diabetes, as adhering to a balanced diet plays a crucial role in promoting overall health and vitality. By recognizing the significance of selecting nutritious food options, one can effectively boost energy levels and improve overall quality of life.

Join Well Aware for its monthly webinar—Diabetes and Healthy Eating—on Wednesday, November 19, 2025, from 4:30–5:30 p.m. [Email Well Aware](#) to register. After registering, you will receive a link to the webinar in your Outlook email as well as an Outlook calendar reminder.