

LUNCH AND LEARN

Sugar Smart: Fueling Your Body, Finding Your Balance



Thursday, March 26, 2026 • 12-12 :30 p.m.

Diabetes Alert Day is observed annually in the fourth week of March to raise awareness of diabetes and pre-diabetes. Join us to learn how balanced meals can help regulate blood sugar, boost energy and support long-term health. A question-and-answer session will follow the presentation.

Speaker:

Lauren Wells, Community Health Extension Specialist
*Family & Consumer Sciences, The University of Tennessee Extension and
Tennessee State University Cooperative Extension*

Join us virtually by visiting:

www.methodisthealth.org/lunchandlearn



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