



康谷中華文化協會

Conejo Chinese Cultural Association

California Lutheran
UNIVERSITY

Department of Language and Cultures

Seminar Series

Lifestyle Prevention of Diabetes

- What is Prediabetes and Diabetes?
- Risk Factors?
- Why are Asians at Higher Risk?
- Avenues of Nutrition Discussion
- Incorporating Physical Activity



Jody Daily
RD, CDE

Jody Daily, RD, CDE is a Registered Dietitian, Certified Diabetes Educator. She received her degree from Cal Poly State University, San Luis Obispo and her internship at the Oregon Health Sciences University in Portland. She has extensive clinical nutrition experience having worked at St. John's Pleasant Valley Hospital for 11 years prior to joining Richard Brand, MD 14 years ago. She is an experienced insulin pump and sensor trainer.



Michele Cordell
RD, CDE

Michele Cordell, RD, CDE is a Registered Dietitian and Certified Diabetes Educator. She got her degree from Cal Poly State University, San Luis Obispo. She has had experience in the clinical setting as well as her own private practice before working with Dr. Richard Brand for over 29 years. She sees diabetes and nutrition education as a powerful tool to leading a long, healthy life. Michele has successfully lived with diabetes herself for over 55 years and leads a healthy and active lifestyle.

Cost: Free

Language: English

When:

Saturday, March 18, 2017 at 9:45-11:00am

Where:

Swenson Center, Room SWEN 101, CLU
141 Faculty Street, Thousand Oaks, CA 91360

Swenson Center, CLU is five minutes away from TOHS with plenty of parking space along Faculty Street and nearby parking lots.

