

# Empower Hour

Interactive webcasts, blogs & more



## UnitedHealthcare seminars cover important health topics at no additional cost to you.

These seminars are fully interactive and feature expert speakers in health, wellness and nutrition. Best of all, you may email our speakers with your questions during the presentation and they will respond during a question and answer session. Register to attend, and get the information and tools to empower you to make healthier decisions.

### Preventing, Living and Coping with Diabetes

Kathleen Zelman, MPH, RD

November 8, 2016

12:30 p.m. ET, 11:30 a.m. CT, 10:30 a.m. MT, 9:30 a.m. PT

The good news is that type 2 diabetes, the most common type, is largely preventable. Whether you are newly diagnosed with diabetes, have had it for years or are trying to prevent it, this seminar is for you. Learn about the disease that affects 29 million Americans and an estimated 86 million (roughly 1/3rd of American adults) who are pre-diabetic and may not even know it. According to the American Diabetes Association, preventing and/or managing the disease is so important because diabetes is the leading cause of blindness and kidney failure in adults, it increases risk for heart disease, can lead to circulation problems and is the 7th leading cause of death in the U.S.\* This seminar will focus on the diet and lifestyle changes and tips that may help you prevent the onset of diabetes or manage the condition with greater success.



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#### Kathleen Zelman, MPH, RD

Kathleen Zelman is a nationally known nutrition correspondent, editor and contributing writer of diet and nutrition articles. She has served as director-at-large on the Academy of Nutrition and Dietetics Board of Directors, and is the recipient of numerous national communication awards including the Academy's "Media Excellence Award" for her contribution and commitment to educating consumers about food and nutrition. Kathleen also received one of the Academy's highest honors, the 2016 'Lenna Frances Cooper Memorial Award' in recognition of a distinguished career and remarkable contributions to the profession.



To register for an upcoming seminar, visit [www.uhc.com/seminars](http://www.uhc.com/seminars).

\* <http://www.diabetes.org/diabetes-basics/statistics/>