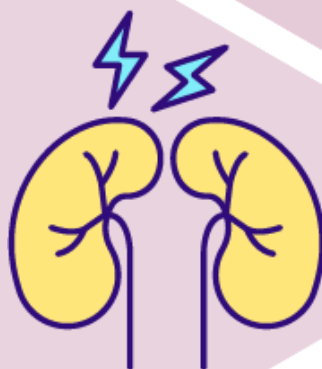
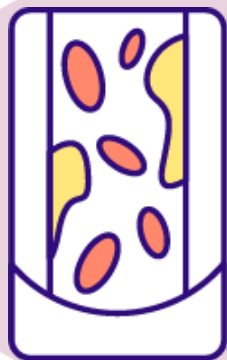


Preventing & Reversing **DIABETES** Seminar



A lifestyle-based seminar for those with diabetes or prediabetes and for those caring for someone with diabetes or prediabetes.

Seminar includes:

- ◆ Food Demos
- ◆ Light Meal
- ◆ Recipes
- ◆ Workbook
- ◆ Cookbook
- ◆ Interactive Lectures
- ◆ Exercise Plan
- ◆ Health Coaching

Week 1

Unlocking the Key to Diabetes: Understanding this concept puts you in the driver's seat of preventing and even reversing diabetes.

Week 2

Making Weight Loss Easier: Eliminate sugar spikes with these simple lifestyle habits

Week 3

Watching My Carbs: How to Deal with Your Sweet Tooth

Week 4

Fats that Worsen Diabetes: Bad Fat vs Good Fat

Week 5

Proteins that Heal: The Untold Story

Week 6

Managing Gene Expression: Why Your DNA Isn't Your Destiny



Cost:

\$99/person or \$119/couple
Earlybird \$79/person or \$99/couple
(before Sep 14)

Dates & Times:

Tuesdays
September 27 to November 1
6 pm - 8 pm

**30 spaces available
Registration closes Sept 20**



Andrew Roquiz, MD is faculty lead for the Lifestyle Medicine Residency Program at AdventHealth Sebring. He is also on faculty for the AdventHealth Family Medicine Residency Program. Dr. Roquiz is double board certified in Family Medicine and Lifestyle Medicine. He has been adjunct faculty for Loma Linda School of Medicine and now teaches both residents and medical students in Sebring, Florida. Dr. Roquiz has taught multiple seminars on preventing and reversing diabetes. He is certified in the Nedley Depression & Anxiety Recovery Program and Optimize Your Brain Program. Dr. Roquiz is a member of the American College of Lifestyle Medicine and the American Academy of Family Physicians. He is a board member of the AdventHealth Physicians Network. Dr. Roquiz also practices telemedicine part time seeing patients in Idaho, Washington, California and Florida. He practices at AdventHealth Family & Lifestyle Medicine where he seeks a whole-person approach to medicine.



Daniel Montero, MD, has been with Family Medical Group since 2000, becoming a partner in 2003. He received a Bachelor of Arts in Biology from Loma Linda University and his Medical Degree from The University of Montemorelos in Mexico. He finished his residency in Family Medicine at Northwestern University's St. Elizabeth Hospital in Youngstown, Ohio. He is Board Certified in Family Medicine and specializes in Diabetes care. Ever since grade school he remembers always wanting to be a doctor. This lifelong dream to partner with his patients in seeking "whole person health" has sustained his love for medicine to this day.

Sponsored by The Avon Park Seventh-day Adventist Church



info@avonparkchurch.com



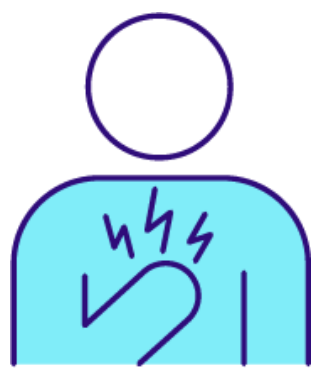
1410 W. Avon Blvd., Avon Park,
FL., 33825



(863) 453-6641



DiabetesSeminar.eventbrite.com



Medication Insulin: Learn to live so that medication and/or insulin can be reduced or even eliminated altogether.

Diabetic Complications: Learn how to limit and/or reverse the complications of diabetes, such as cardiovascular disease.

Weight Loss: Learn how to lose weight and maintain a healthy weight without being hungry.

Neuropathy: Learn how to reduce or eliminate the debilitating neuropathic pain.

