



Join the Diabetes Coalition of the Lehigh Valley for its first weeklong virtual Diabetes Awareness event that kicks off on Monday November 08th. See our event schedule below and join us at: [\(4\) Diabetes Coalition of the Lehigh Valley | Facebook](#)

Nov. 08 th Monday Fun Day:	Activity/Exercise (Healthy Lifestyle)
Nov. 09 th Tuesday Tech Day:	Education via mini-webinars
Nov. 10 th Wednesday Wins Day:	Diabetes/Pre-diabetes Self-Management Tips
Nov. 11 th Thursday Thoughts Day:	Authentic Sharing/Engagement
Nov. 12 th Friday Food Day:	Healthy diabetic friendly recipes
Nov. 13 th Saturday Shop Day:	Self Care/Pampering
Nov. 14 th Sunday Rest Day:	Mental Health Day (be stress free)