

Thursday, February

6

6 - 7:30pm

Understanding Diabetes:  
Your Guide to Healthier Living



Tuesday, February

18

6 - 7:30pm

Spice Wisdom: Exploring  
Hypertension and Salt-Free Living:  
A Culinary Experience



Friday, March

14

2 - 3:30pm

Strategies for Preventing and  
Improving Heart Disease in Older  
Adults (65+)



Tuesday, February

11

6 - 7:30pm

Heart Health Matters: Important  
Insights on Heart Disease



Monday, March

10

6 - 7:30pm

Whole Grain Hacks: A Culinary  
and Educational Experience for  
Diabetes Management



Monday, March

17

2 - 3:30pm

Managing Diabetes in Seniors  
Adults (65+)

## Chronic Disease Prevention & Management Series: Heart Disease & Diabetes



MECKLENBURG COUNTY  
North Carolina

Public Health



Parry's Wellness  
& Diabetes Center

Board Certified Endocrinologist and Holistic Lifestyle Expert



[Registration Link](#)

Community Engagement Program | Office of Health Equity | Mecklenburg County Public Health | Health.MeckNC.gov | CE@MeckNC.gov | (980) 314-9675