TIPS FOR HEALTHY HOLIDAY EATING

Preventing weight gain is easier than losing those pesky pounds. A typical Thanksgiving dinner may be 2,000 calories or more.

- Approach the holidays with a gameplan of how to eat and exercise.
- Focus on the healthiest foods and eat those items • first.
- Don't let a single detour turn into a full derailment.



NOVEMBER 2024

Health & Wellness Newsletter

According to the World Health Organization about 422 million people worldwide have diabetes.

Diabetes is a chronic, metabolic disease characterized by elevated



levels of blood sugar. Over time this can lead to serious damage to the heart, blood vessels, eyes, kidneys and nerves.

The most common type in adults is type 2 diabetes where the body becomes resistant to insulin or doesn't make enough insulin. Type 1, also known as juvenile diabetes or insulin-dependent diabetes, is a chronic condition in which the pancreas produces little or no insulin by itself. Easy access to basic diagnostics, such as blood glucose testing can be used to determine blood sugar levels. Patients will need periodic specialist assessment or treatment for complications.

For people living with diabetes, access to affordable treatment, including insulin, is critical to their survival. Patients will need periodic specialist assessment or treatment for complications

For more information go to: www.who.int.

Rotary

Club of Niceville-Valparaiso

Meets 2nd and 4th Monday each month

A Bluewater Taproom 2000 Bluewater Blvd. Niceville, FL 32578 https://www.nicevillevalparaisorotary.org

WHAT'S HAPPENING IN FREEPORT

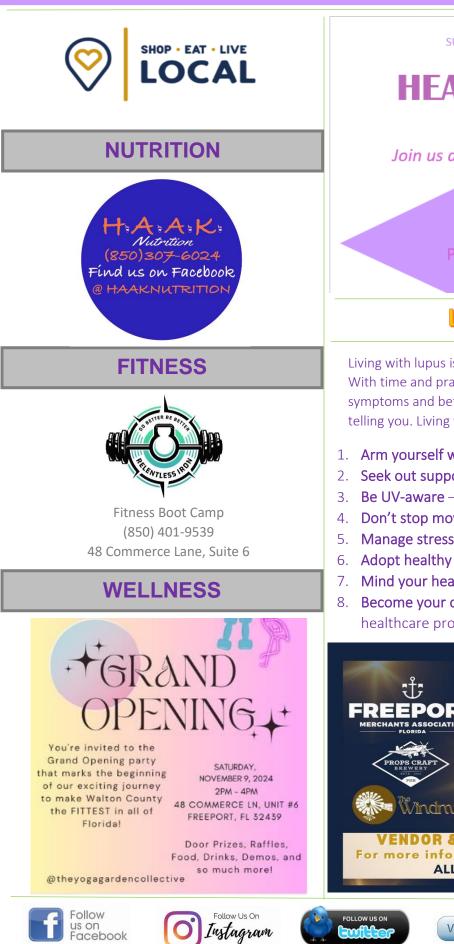
11th Annual Bayfest Celebration November 2, 2024 9am-4pm 112 Hwy 20 West

Freeport Night Out

November 16, 2024 4pm-8pm **Props Brewery Hammock Bay**

Thanksgiving Day Thursday, November 28, 2024

> **Holiday Bazaar Alaqua Animal Refuge** December 7, 2024 11am-4pm



nwflupus

Northwest Florida Lupus

SUPPORTING THE LUPUS FOUNDATION OF AMERICA 3rd Annual Bay Area HEALTH &-WEFLNESS FXPO

Join us as we celebrate health in our community!

Saturday, May 3, 2025 10am – 2pm



1799 Great Hammock Bend, Freeport

LIVING WITH LUPUS

Living with lupus is almost like learning a new language. With time and practice, you can learn how to read your symptoms and better understand what your body is telling you. Living with lupus involves having strategies.

LET'S TALK

- 1. Arm yourself with knowledge- learn about the disease
- 2. Seek out support find a support system
- 3. Be UV-aware protect yourself from sunlight
- 4. Don't stop moving stay active
- 5. Manage stress and embrace rest balance activity and rest
- 6. Adopt healthy eating habits maintain a nutritious diet
- 7. Mind your heart take care of your cardiovascular health
- 8. Become your own health advocate work closely with your healthcare provider







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