



# November is National Diabetes Month

More than 29 million people in the U.S. have diabetes.  
Find tips to manage health and prevent complications.



The Office of Human Resources Benefits and Wellness Dept. cordially invite you to

## Live Healthy with Omada and Livongo

— Lunch & Learn —

Join **Gerald Holt -- Omada** to learn about an interactive online program for diabetes prevention and weight loss and **Chris Cole -- Livongo** to learn how to manage living with Type 1 and Type 2 diabetes.

**November 20, 2019**  
**12:00 p.m. - 1:00 p.m.**  
**Galaxy Rooms A & B, SU 2.602**

Space is limited, please RSVP by November 13, 2019 at  
[https://utdallas.qualtrics.com/jfe/form/SV\\_1UiUqDSQTIU6IMI](https://utdallas.qualtrics.com/jfe/form/SV_1UiUqDSQTIU6IMI)

The University of Texas at Dallas