

# Woodbridge Internal Medical Associates Diabetes Workshops 2024!

## Happy Spring All!

Spring and summer are around the corner, and with the change in weather, so many natural resources are starting to bloom. We are seeing spring blossoms, tulips and other flowers embracing the warming temperatures, and more people venturing outdoors. Spring is also a great time to revisit your health and wellness goals and embrace strategies to improve your blood sugar levels,

**To help you with these goals, we have some new Diabetes Workshops lined up for the next few months!**



**First Wednesday of  
Each Month!  
12pm & 6pm**

Virtual Workshops via Zoom

**May:** Ozempic, Wegovy & Mounjaro: An Overview & Mechanics

**June:** Sugar - Natural, Added, Artificial & Alcohols

**July:** Managing Blood Sugar while Traveling

**August:** Weight Management and Insulin Sensitivity

**Sign up at Woodbridge Internal Medical Associates by calling 732-634-0036,  
or by speaking to any team member!**

[www.fzknutrition.com](http://www.fzknutrition.com).