

# Empowering Diabetic Living



## Nutrition, Cooking, & Tech Tools for a Healthier Life

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Explore practical strategies for managing diabetes through delicious, low-carb recipes, essential kitchen tips, and empowering tools and technologies—including meal-planning apps, online resources, and supportive communities—that make diabetes management more accessible.

Learn how to combine nutrition and technology to enhance your health journey, with a hands-on demonstration of the top digital resources for tracking, meal planning, and staying connected with others.

This program includes a comprehensive list of resources for using technology to manage chronic conditions, find information, and combat loneliness.