

# Managing Blood Sugar 101:

**THE EDGE** Preventative CARE  
Powered by THE EDGE Total Health Network

## Improve Blood Sugar Levels, Energy, and Weight

A comprehensive 8-week program designed to provide diet and lifestyle modifications to control blood glucose. Suitable for prediabetes, diabetes or anyone looking to optimize energy levels and nutrition.

**June 24 - August 12**

**Tuesdays 12 to 1pm**  
**Virtual**

**Cost: \$499** May be 100% COVERED  
BY INSURANCE!

### PROGRAM INCLUDES:

- ✓ 8 weekly virtual group nutrition sessions
- ✓ 3 one-on-one nutrition sessions with a Registered Dietitian
- ✓ Optional Pre and Post Wellness Screenings
- ✓ Guest Lecture from an exercise specialist
- ✓ Techniques to build balanced meals to optimize nutrition and improve insulin sensitivity



### Taught by Suzie Romeo RD, LD, MS

Suzie found her passion for dietetics via the culinary-dietetic hybrid program at Johnson and Wales University, Providence RI. She later completed her Master's in Dietetics at the University of Vermont.

**Her Philosophy:** "Balance foods that fuel your body, along with those that nourish your soul"... essentially, moderation is key!

### READY TO GET STARTED?

Email [wellness@edgevt.com](mailto:wellness@edgevt.com), call (802) 383-0676, or scan the QR code to sign up!

