**Diabetes Survival During the Holidays - How to have Cake & Cookies too!**

**Event Description:** Join the Diabetes Wellness Group as we celebrate the holiday season with a gingerbread making event. We will talk about surviving the holidays with diabetes while still enjoying your favorite traditions. Explore strategies to embrace the season, stay on track and maintain great health. Presenter Anna Simos, MPH MS CDE, is a Diabetes Educator at Stanford Health Care who delights in helping individuals with diabetes face challenges and embrace life. While participating in a fun and creative evening, you will learn how to enjoy cake and cookies too!

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