



**BELLIN
FOR
WOMEN**

MANAGING DIABETES WITH THE HELP OF HERBS

Plant-based therapies have been around for decades, but lately we're learning more about why — and how they can help certain conditions and our overall health.

Join us as RN and Clinical Herbalist Heather Herdman from Sweet Willow Wellness dives into which herbs can help manage diabetes, why they're good for you and how you can incorporate them into your everyday life. Stick around after her talk for a virtual tour of her amazing store! (spoiler alert: it's super cute and well worth the view!)

All attendees will be entered to win a \$50 prize!

**Tuesday, November 10
5-5:30 p.m.**

VIRTUAL via WebEx

This event is free, but registration is required. To register, go to bellin.org/calendar or call 920.445.7373 or 888.758.7373.

Have questions you'd like answered at the event? Submit them to BellinForWomen@bellin.org

***bellin*health**

I will know **you**. I will show **you** respect. I will go with **you** on your journey. I am here to help **you**.