

2026 Well-being Webinar Series



Sugar Smarts: Modern Strategies to Outsmart Diabetes

Diabetes prevention is about so much more than sugar. This session reveals the hidden drivers of blood sugar imbalance, including low muscle mass, poor sleep, and chronic stress, and demonstrates how small, consistent changes can have a significant impact. We'll also explore the exciting new frontier of non-invasive continuous glucose monitoring (CGM), a tool that reveals how your body responds to food, movement, and stress in real time. Together, these insights give you the power to move beyond fear of the needle and toward practical, everyday choices that protect long-term health. Participants will leave with a deeper understanding of how to build resilience against diabetes and real-world strategies for turning science into action.

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Our webinars provide practical guidance to support your well-being and help you achieve better health.