



SESSION 3: MEDICATION & YOU

Session 4 provides a review of the different types of medication and how they work to help manage diabetes, as well as tips for remembering to take your meds. It also includes helpful details on insulin and medication safety.

NOTES FROM SESSION

Any ah-ha moments? Jot down some of the key ideas you want to remember.

IDEAS I'D LIKE TO TRY

Were there any strategies that sound interesting?





SESSION 4: FOOD FOR ALL

This Session covers some nutrition basics, including a deep dive into how certain types of food may affect your blood sugar. You'll also get some examples of what a healthy plate might look like, and the lowdown on some Monj secrets for making your food taste great, creating meals you love, and ordering out.

NOTES FROM SESSION

Any ah-ha moments? Jot down some of the key ideas you want to remember.

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