



Kokilaben Dhirubhai Ambani
hospital & medical research institute

Every Life Matters

DEPARTMENT OF ENDOCRINOLOGY AND DIABETES

INVITES YOU TO

An interactive session and hands-on training on

**REVERSING DIABETES WITH
LIFESTYLE MANAGEMENT**



17 FEB
2018
4:00 to 6:00 pm

6th Floor, Convention Centre, Kokilaben Hospital



Kokilaben Dhirubhai Ambani hospital & medical research institute

Every Life Matters

Dear All,

Lifestyle management is a fundamental aspect of diabetes care. Decisions made for lifestyle changes can make or break your health. Hence, you need to be cautious about what you eat and how active you are. The Department of Endocrinology and Diabetes invites you to an interactive programme on 'Reversing Diabetes with Lifestyle Management'. It is aimed at spreading awareness on how lifestyle affects diabetes. Mumbai-based dieticians and other health experts will have some amusing fitness-based discussions with you along with an interesting activity based on diet.

PROGRAMME

04.00 pm Hand Art

Department of Nutrition, Kokilaben Hospital

- Calories vs Composition
- Low Carbohydrate or Keto diet
- Processing and preparing food
- Ghee and Oil: quantity and quality
- Special foods with effect on glucose
- Artificial sweeteners

05.00 pm Diet-Based Activity

05.30 pm Leg Art

Centre for Physical Medicine & Rehabilitation, Kokilaben Hospital

- Exercises: which and how much
- Yoga and its role in glucose control

For registration, please contact Dr Priyanka Jain on 9920942687

Registration is free but compulsory.

A social initiative by

RELIANCE

Four Bungalows, Andheri (W), Mumbai - 400 053

Appointments: +91 22 30696969 / 30666666 / 30999999 or SMS 'KDAH' to 55454

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