

MEDSTAR GEORGETOWN & DIABETES NATIONAL INSTITUTE

☀️ **The Pearls of Diabetes Management:**

Mastering Carbs, Sleep, Exercise & Special Occasions ☀️

A practical and family-friendly guide to navigating daily life with diabetes

Evgenia Gourgari, MD

December 12, 2025

12:15 pm; Friday

Join us for an empowering session designed for families living with diabetes —

-whether you're newly diagnosed or looking to sharpen your routine.

This presentation will uncover simple, powerful “pearls” of wisdom to help you manage:

- ✅ **Carbohydrates** – Learn how to count, balance, and plan meals with confidence
- 😴 **Sleep** – Discover why rest is critical for stable blood sugars
- 🏃 **Exercise** – Explore how to safely stay active without surprise highs or lows
- 🎂 **Birthdays & Holidays** – Tips to enjoy celebrations without stress or guilt

With practical tools, real-life strategies, and family-focused tips, you'll leave feeling more equipped to handle both everyday routines and special moments

-- without letting diabetes take center stage

Zoom Meeting

<https://georgetown.zoom.us/j/93632896521>

Meeting ID: 936 3289 6521

Please RSVP Barbara.Runner@gunet.Georgetown.edu

Children who attend will receive a gift courtesy of Diabetes National Institute.