



Lifestyle Education Classes

Join us for our monthly group classes.

These interactive classes are led by experts who provide education and guidance in each subject area. Class topics are focused on healthy lifestyle habits, weight management and glucose control. These sessions are offered to individuals who participate in programs offered through the AdventHealth Diabetes Institute.

2026 SCHEDULE

(Classes are 12 pm and 6 pm,
each class is one hour)

January 27, 2026

Build Habits that Last

Begin this year by setting goals that actually work, making time for what matters and creating a daily rhythm that doesn't feel overwhelming.

February 24, 2026

Food Fables: Busted

Do you think carbs are the enemy? Wondering if brown rice is really that much better than white rice? In this "myth-busting" session, our dietitian will separate fact from fiction and help you choose the smarter option when it comes to everyday foods.

March 24, 2026

Cooking Up Health

Join our chef and dietitian duo as they team up to cook a delicious recipe while sharing practical tips for making balanced food choices at home.

April 28, 2026

Cravings and Comfort

Ever notice how stress, sadness, boredom or even happiness can lead to extra snacking? This session explores the connection between emotions and eating and offers supportive strategies to help feel more in control.

May 26, 2026

The Workout Menu

Learn how to fuel your body for exercise and recover afterward so you get the most out of every workout. Learn the science behind pre-workout drinks and healthy food choices based on your exercise and health goals.

June 23, 2026

Tech Talk: Diabetes Edition

Join a registered nurse to learn how technology can support better diabetes management and improve daily care.

July 28, 2026

Reset and Recharge

Life gets stressful, but you don't have to stay stuck. In this class, learn simple ways to manage stress, calm your mind and respond to emotions with more balance.

August 25, 2026

Meals Made Easy

Tired of hearing, "What's for dinner?" In this interactive class, you'll learn easy strategies for meal planning and prepping. By the end of the session, the dietitian will have helped you create your very own meal plan.

September 22, 2026

Kitchen Conversations

Join our chef and our guest expert as they prepare a delicious, healthy recipe while sharing tips for eating well, enjoying food and making mindful choices in the kitchen.

October 27, 2026

Living Well With Diabetes

Learn from a certified diabetes care and education specialist who will provide tips and strategies to better understand and manage diabetes. Learn how to take small, meaningful steps towards healthier habits.

November 17, 2026

Merry and Mindful

The holidays can be full of parties, treats and stress. But that doesn't mean you have to throw your healthy habits out the window. Learn practical tips to enjoy the season while staying on track with your goals.



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