

# **Sign Up Today – Limited Space Available!**

## **Join Our Life-Changing Diabetes Support Program**

**Facilitated by Dr. Devi Gurung States, PhD, DHSc, MPH, MSW, MS.**

Owner & Executive Chef, Everest Café & Bar

EdD Candidate, Vanderbilt University

### **Are You Living with Type 2 Diabetes?**

Take charge of your health and transform your life. Join a supportive, culturally affirming program that empowers you to make lasting changes. At Everest Café, we combine nourishing food, shared stories, and proven strategies to help you thrive—not just survive—with diabetes.

🗨️ Did you know? An estimated 70% of Type 2 Diabetes comes from what you eat (O’Hearn et al., 2023). Changing your diet can change your life (Diabetes Prevention Program Research Group, 2002).

### **Program Highlights:**

- Savor delicious, heart-healthy meals prepared with care
- Learn through uplifting peer support and expert guidance
- Discover culturally meaningful food swaps and wellness tips
- Build confidence in managing your diabetes every day
- Gather in a warm, non-clinical space that feels like home

### **Program Details:**

Location: Everest Café & Bar, Saint Louis, MO

Schedule: Six bi-weekly sessions (dates shared upon registration)

Cost: \$20 per session – (Meal and educational materials). Sliding fee waivers are available.

No one is turned away for an inability to pay.

### **Who Should Join?**

Adults managing Type 2 Diabetes—especially those from racially and ethnically diverse backgrounds—who want a welcoming, culturally sensitive approach to health and wellness.

### **Reserve Your Spot Today – Space is Limited!**

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This program is guided by the principles of Social Cognitive Theory (Bandura, 1986), empowering you to learn, connect, and take action.