



# North Atlantic Region Presents

## Simplifying Diabetes Education for a Happier Healthier YOU!

**Sunday, December 14**  
**1 PM - 3:00 pm**

**This is a free event**  
**Emanuel Synagogue**  
**Koret Hall**  
**West Hartford, CT**  
**or join us on Zoom**

Presented by:

**Dr. Marisol Cruz Meléndez-Ostrov, a nationally certified diabetes care and education specialist with over 20 years of experience in health education & administration**

Owner | Founder | CEO

**WellBetic, a bilingual virtual Prediabetes & Diabetes education platform for individuals living with high blood sugars, insulin resistance, prediabetes, diabetes, and other blood sugar diagnoses. WellBetic offers education, support and community for these individuals, their family members, caregivers, or anyone interested in learning more about diabetes.**

**Husbands and significant others are welcomed to the talk**

**RSVP to:**

**[yanofskya@yahoo.com](mailto:yanofskya@yahoo.com)**

**by December 7, 2025**

**Please indicate whether you will  
participate in person or via Zoom**