

Pre-diabetes: Your Second Chance at Good Health! Teleclass Debuts In January 2012

People diagnosed with pre-diabetes now have an option, without leaving home, for learning how to manage or eliminate the condition through good nutrition.

November 30, 2011 (FPRC) -- Gretchen Scalpi, RD, CDE is proud to announce the launch of a brand new teleclass "Pre-diabetes: Your Second Chance at Good Health!" on January 11, 2012. This teleclass was created to help people from around the world to reverse the progression of pre-diabetes while restoring their overall good health. Pre-diabetes is defined as a state that is between normal blood sugar and type 2 diabetes.

Beginning on Wednesday, January 11, 2012 at 8:00 pm EST/5:00 pm PST the teleclass will take place every Wednesday for six weeks. Participants will learn in-depth information about pre-diabetes, why it can't be ignored, what it takes to lose weight, what to eat and much, much more. After this teleclass participants will have a concrete plan for treating and reversing their pre-diabetes.

Included in the teleclass is six hours of content that will include instruction, discussion, Q&A and coaching. In addition to the six teleclasses participants will receive the book "The Everything Guide to Managing and Reversing Pre-Diabetes: Your complete plan for preventing the onset of Diabetes" by Gretchen, handouts, PowerPoint presentations and recordings of all six teleclasses.

About Gretchen Scalpi:

Gretchen Scalpi is a Registered Dietitian , Certified Diabetes Educator and a Wellcoaches, Certified Health & Wellness Coach. She is also a Certified Lifestyle Eating and Performance (LEAP) Therapist, specializing in the clinical management of food sensitivities. Gretchen received a BS in Human Nutrition and Food Service Management from Marymount College in Tarrytown, NY. She worked as Chief Clinical Dietitian in an area hospital for 25 years, and has taught nutrition and food services courses in two area community colleges. Gretchen opened her health and wellness coaching and private nutrition practice in 2002 and has worked with hundreds of clients. Gretchen's practice provides individual nutritional counseling, health and wellness coaching in the areas of diabetes, weight management, food sensitivities, gastrointestinal disorders, and general wellness.

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