

November 2025



NATIONAL DIABETES AWARENESS MONTH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 National Diabetes Month Kick-off Ask your doctor about diabetes screening
2 Daylight Saving Time Ends	3 Change the time on your glucometer	4 Check out our diabetes resource table in the lobby of Clara Barton Medical Center	5 BLUE is the official color for diabetes. Put a blue light in your window or in your porch light to celebrate National Diabetes Month. Take pictures of your display!	6 National Diabetes Month focus is on eye health. Schedule a dilated eye exam today.	7 Come to the CBMC lobby between 8-10am to taste test some yummy fiber-rich pita chips.	8
9	10 World Diabetes Day (WDD) is this Friday, November 14. WDD theme is "Diabetes & well-being at work." Take a "Diabetes in the Workplace" handout from the resource table in CBMC lobby.	11 Use the "Know more & do more for diabetes at work" handout ideas to create a diabetes-friendly workplace.	12 Bring diabetes-friendly snacks to work today.	13 Take a walk to lower your blood glucose today.	14  Wear BLUE today to support people living with diabetes. Take pictures!	15
16	17 Post pictures from November 5 & 14 to social media using: #nationaldiabetesmonth #worlddiabetesday #diabeteslife & #diabetes	18 Explore CGM & insulin pump options to make living with diabetes easier.	19 Take diabetes meds as prescribed & remember to rotate injection sites for injectable diabetes meds.	20 Come to the CBMC lobby between 8-9:30am to taste test a yummy low-carb soda pop option.	21 Schedule a foot exam with your healthcare provider.	22
23 30	24 Living with diabetes can be stressful, especially around the holidays. Do a quick mental health check with our brief diabetes distress form on the resource table in CBMC lobby.	25 Perform an act of kindness for a person in your life living with diabetes today.	26 Change the lancet in your lancing device & remember to wash your hands before checking your blood sugar.	27  Enjoy turkey dinner in moderation, drink lots of water & go for a walk today!	28 Stop smoking & encourage others to do the same. Check out our KanQuit resource on the resource table in CBMC lobby.	29