

New Mexico Diabetes Advisory Council Training
Momentum for Thriving: Energizing and Restoring the Body
Friday, December 5, 2025 Virtual Training
8:30 AM-12:30 PM
Potential CEUs: 3.5 hrs

8:15-8:30 AM **Log on and announcements**

8:30-8:45 AM **Welcome and Announcements – Shelby Corriz - Board Member**

8:45-10:00 AM **Session 1 WEAVE: *Heart Health and Nutrition for Life***

Erik Kakuska, BA - Anthony Saavedra II, CHW – SanJuana Garcia, CHW

After completion of this presentation, participants will be able to:

- Critically refer and evaluate the suitability of persons living with or at risk for diabetes for participation in the WEAVE NM: Heart Health and Nutrition for Life project.
- Apply insights from innovative research partnering practices and aims in WEAVE NM to build trust and capacity, supporting resilience with persons and communities impacted by lowered health outcomes.
- Incorporate concrete strategies for eating heart healthy when time or money are tight into community-based education practices.
- Employ food resource review strategies, including digital mapping and grocery shopping tips, to navigate persons living with or at risk of diabetes toward healthier choices within the built food environment in Albuquerque, NM.

10:00-10:15 AM **Break**

10:15-11:15 AM **Session 2 *Energizing New Mexico: Transforming Wellness Through Movement***

Cassandra Vanderpool, MS, RDN, LD - Dianne Christensen, MS

After completion of this presentation, participants will be able to:

- Describe evidence-based programs that address current gaps in community-based physical activity opportunities.
- Explain the demonstrated benefits of exercise, including fall prevention and management of chronic conditions, and how these outcomes support healthy aging.
- Develop strategies to apply or expand evidence-based programs within New Mexico communities to improve older adult physical activity engagement and safety.

11:15 AM-12:30 PM **Session 3 *Restorative Sleep: Energizing and Restoring the Body for People Living with Diabetes***

David Earl, MD, PharmD

After completion of this presentation, participants will be able to:

- Describe the physiological and psychological impacts of sleep on energy, mood, decision-making, and chronic conditions, with a focus on diabetes.
- Identify practical strategies to promote restorative, high-quality sleep through routines, environment, and lifestyle modifications.
- Recognize warning signs that warrant referral for sleep studies or specialized sleep care (e.g., sleep apnea, insomnia, restless leg syndrome).

- Explain the bidirectional relationship between sleep quality/duration and diabetes management, including effects on blood glucose, weight, and cardiovascular health.
- Access and utilize resources to support restorative sleep in people living with or at risk for diabetes.

12:30-12:45 PM **Individual Learner Assessment completion**

TOTAL CPEUs 3.5

ACKNOWLEDGEMENT STATEMENT: NA

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David Earl, MD, PharmD

The planners and faculty listed below have disclosed that they have a relevant financial relationship with a commercial interest. The relationships were reviewed by UNM CPL and the planning committee, and conflicts of interest were resolved prior to the activity.

- Name:
- Commercial Interest:
- Relationship:

The following CME Reviewers disclose that they have no relevant financial relationships with any commercial interest: Jennifer Harbaugh, Sarah Burns, DO, MS, FACP, FHM and Gary Smith, PhD

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