

Brunswick Cove

# Newsletter

November 26<sup>th</sup>, 2025



## November 14<sup>th</sup> is World Diabetes Day!

There are 589 million people living with diabetes worldwide

3 out of 4 people with diabetes are living in low to middle income countries

## Did you know..

A Typical Thanksgiving Dinner Packs in 3,480 Calories!

Happy Thanksgiving!

We hope everyone enjoys the holiday with friends, family, and a great meal!

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