

DINING WITH DIABETES

Click the link
in the post
description to
register

free four-part virtual class

Do you or a loved one have a diabetes diagnosis? Come learn how to live an abundant and healthy life with diabetes! Classes are held weekly from 5:00-6:30pm.

CLASS SCHEDULE

8/10 Intro to 9-inch plate method, starches, breakfast

8/17 Reading nutrition labels, non-starchy vegetables, lunch

8/24 Physical activity, fats and protein, dinner

8/31 Sugar, meal planning, fruit and dairy, desserts