



Healthy Diabetes Plate

A **FREE 4-part** Series for Pre-diabetics, Type 2 Diabetics & Their Caregivers

Summary:

- Discuss signs & symptoms of diabetes
- Learn how to use the Healthy Diabetes Plate to:
 - Visualize portion & serving sizes
 - Plan balanced & nutritious meals
 - Eat out at a restaurant
- Take an instructional supermarket tour highlighting friendly food choices
- Observe cooking demonstrations & sample healthy recipes



Time: 3:30 - 5:30 p.m.

Dates: Thursday's: March 28, April 4, 11, 18

Place: Southeastern Idaho Public Health
1901 Alvin Ricken Dr., Pocatello

To Enroll: Visit siphidaho.org or call Traci at 208.478.6316



Southeastern
Idaho Public Health