

# WHAT CAN I EAT?

## NUTRITION CLASSES FOR ADULTS WITH TYPE 2 DIABETES

**DATE: NOVEMBER 12, 21, 22  
AND DECEMBER 6**

**TIME: 9:30AM-11:30AM**

**LOCATION: QUECHAN SENIOR  
NUTRITION CENTER, 472  
QUECHAN DR, WINTERHAVEN,  
CA 92283**

### CLASSES


### AT EACH CLASS

**1** Introduction to Carb Foods  
and the Diabetes Plate

**2** Fitting Sweet Foods into a  
Healthy Diabetes Eating  
Plan Share


**3** Planning Healthy  
Diabetes Meals

**4** Fat, Salt, and Healthy  
Eating Away from Home

 Gain New Insights  
into Healthy Eating

 Learn New Skills to  
Manage Diabetes

 Watch Live Cooking  
Demonstrations and  
Sample Delicious Food

 Free Health Screenings  
(Blood Pressure, Heart  
and Lung Sounds)

**FOR ADDITIONAL INFORMATION, PLEASE CONTACT  
MELISSA MILLS AT 928-977-2645**

**BROUGHT TO YOU BY:**



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