



Smart Food Choices To Help Prevent and Manage Type 2 Diabetes

JOIN us for a fun, interactive presentation!

When: Thursday, October 24th
Time: 1:00-2:00 p.m.

Location:
Manistee COA
260 St. Mary's Parkway
Manistee, MI 49660

Please register at:
Manistee COA
231-723-6477

Presenter:
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Health Educator
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Join us Thursday, October 24th at 1 p.m.

Food is an important part of managing type 2 diabetes. This presentation will discuss the basics of managing blood glucose and identify different approaches to monitoring carbohydrate intake. We will look at the different food groups, servings, and number of carbohydrates and answer some frequently asked questions.

Learn about:

- ⊗ Food choices that support health goals
- ⊗ How meal planning is beneficial
- ⊗ Ways to shop for healthy foods on a budget

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