

# Nutrition and Diabetes Management

## Support Group

## Information

**Learn to manage your diabetes and improve your health.**

**When:** Wednesdays

**Time:** 10–11 a.m.

**Where:** 2000 W. Baltimore St., Suite 247, Multi-purpose room

---

Do you have diabetes?

Join health providers and other clients each week to talk about how to better manage your diabetes and build a healthy diet:

- Learn about different foods and their nutritional value
- Meet new foods!
- Learn how to prepare healthy meals
- Talk about how to prevent blood sugar spikes

Each time we get together, we prepare a healthy meal and talk about what makes it a healthy option.

Join us!

