

DIABETES HERO!

A Series of Mindful Healthy Eating and Life Choice Focused Lessons

Youth ages 9-12 with diabetes and their parent/caregiver are invited to attend this virtual four-week class. We will focus on superpowers for successfully managing diabetes in everyday situations!

Join us as we discover mindful eating, MyPlate, healthy recipes, movement, cooking demonstrations, and more.

TO LEARN MORE, CONTACT:

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DATES: Oct. 7, 14, 21, & 28

LOCATION: Virtual class (Zoom)

TIME: 6 – 7 p.m.

COST: FREE

NOTE: A parent/caregiver is required to attend with youth.

REGISTER HERE:

