

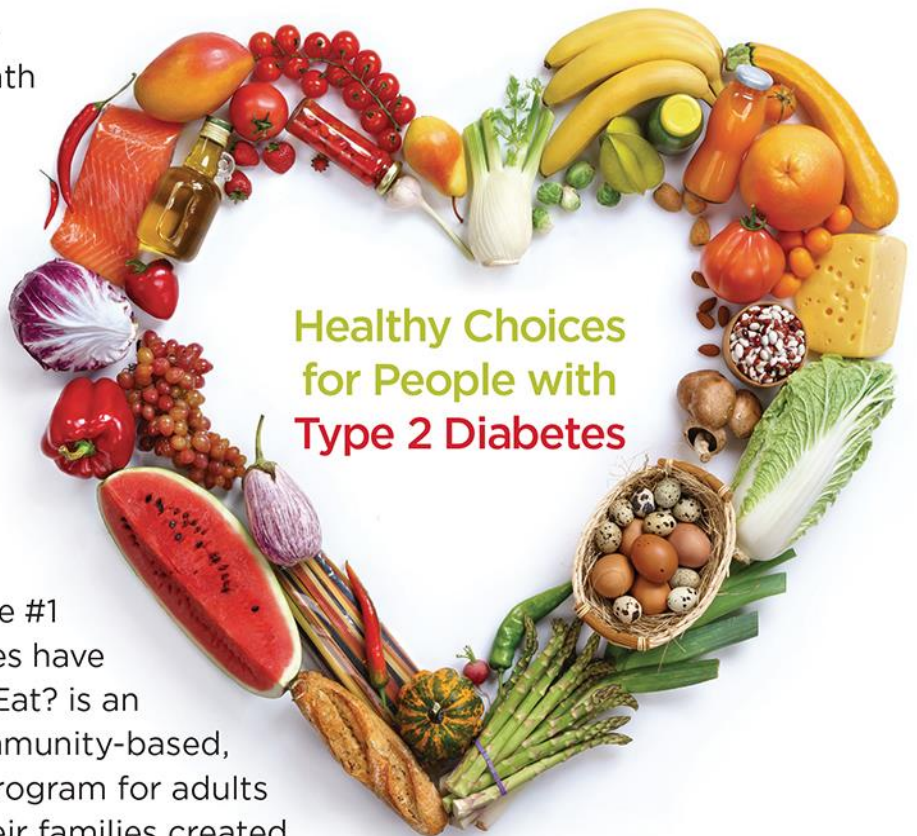
What Can I Eat?

Resolve to take care of yourself and your diabetes in 2018

In **four weekly sessions**, the program will set you on a path to achieving your goals:

- Eat healthier
- Lose weight
- Lower blood sugar
- Feel better
- Have more energy
- Move easier

What Can I Eat? Answers the #1 question people with diabetes have on a daily basis. What Can I Eat? is an exciting and innovative, community-based, nutrition-focused support program for adults with type 2 diabetes and their families created by the American Diabetes Association.



Healthy Choices
for People with
Type 2 Diabetes



Here for You.



Starts Mon. March 5th, 10:30 am – 12:00 pm
Massad Family YMCA, 212 Butler Rd.

To register contact: Cathy Peterjohn, RD, CDE
Manager, MWHC Diabetes & Nutrition Outpatient Services

540.741.2210