

# Finding

**A** *Finding A Balance teaches parents and caregivers how to create balanced, healthy and affordable meals for their families while taking concerns about diabetes into account.*

# Balance



**FREE  
Nine-Week Series**

**Wednesdays**

**June 20, 27,**

**July 11, 18, 25 & August 1, 8, 15, 22, 2018**

**6:00 – 7:30 PM**

Cornell Cooperative Extension

Orange County

18 Seward Avenue

Middletown, NY 10940

**In this workshop, you will learn:**

- ✓ Effective communication and successful goal setting techniques
- ✓ How to use the healthy diabetes plate
- ✓ Healthy, delicious, affordable recipes
- ✓ Accessible physical activities
- ✓ How to develop a strong support system (including healthcare providers, family and friends)

*This course is for:*

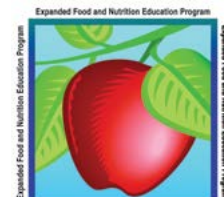
Parents and caregivers of pre-diabetic or diabetic children and teens

Parents with pre-diabetes or diabetes

Families at risk of developing Type 2 diabetes

Families concerned about diabetes (e.g. strong family history)

**Register online at [cceorangecounty.org](http://cceorangecounty.org), or call 845-344-1234.**



**EFNEP**

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Orange County

18 Seward Ave., Suite 300  
Middletown, NY 10940-1919  
845-344-1234  
[cceorangecounty.org](http://cceorangecounty.org)

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