

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



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)

COMING SOON!
FREE Nine-Week Series

Meets weekly
Dates and Location TBA

Add your name to the list online at
www.cceorangecounty.org,
or call 845-344-1234.

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)



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