

Better Choices, Better Health®



Living well with diabetes can keep you from the things you love. A Better Choices, Better Health® workshop can help you live a healthier, happier way of life.

Workshops are designed for anyone living with, or caring for someone with diabetes.

The class is free to attend.

Topics Include:

- Introduction to Healthy Eating
- Menu Planning
- Strategies for Sick Days
- Foot Care

Where: Red Lake Hospital - Fitness Center

Dates: 6 Thursdays, May 9 – June 13, 2019

Times: 10:00am to 12:30pm (light meal included)

To Register: Jenn 218-333-8097

Info@northwoodscaregivers.org

