



Healthy Choices for Happy Holidays

Dining with Diabetes

Tuesdays @ 10:30 am

Nov. 12th & 19th and Dec. 10th & 17th, 2019

Northeastern Association of the Blind at Albany (NABA)

301 Washington Ave, Albany 12206

Adults with type 2 diabetes (or those who are at risk of type 2 diabetes) and their family members, caregivers, and support persons are invited to participate. This program will help you learn the skills needed to promote good health. Dining with Diabetes is an Extension program taught locally by Karen Roberts Mort, MS of Cornell Cooperative Extension of Albany County.

Planning *holiday* meals and snacks

- Delicious and healthy holiday recipes
- Cooking demonstrations and food sampling
- Review carbohydrate counting and label reading

Motivation and Support

- Connect with others who are living with diabetes
- Get ideas for being more active

To register contact Lisa Jordan:
518-463-1211 ext. 225 or ljordan@naba-vision.org



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