

TRAIN THE TRAINER

What Can I Eat? Healthy Choices for
American Indian and Alaska Native Adults with Type 2 Diabetes

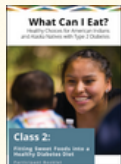
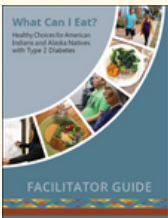
September 26 & 27, 2025
(Friday and Saturday)

Phoenix, AZ

TGen - 445 N 5th St | Second Floor, Suite 210

9am - 3pm

No cost for training | Limited space | Lunch provided



“What Can I Eat?” Healthy Choices for American Indian and Alaska Native Adults with Type 2 Diabetes:

- Five classes focused on nutrition for T2D management and support
- Culturally tailored for American Indian and Alaska Native adults with T2D
- Group based, interactive, participatory learning
- An excellent complement to DSMES programs
- Each lesson includes: peer-to-peer learning opportunities, interactive and arts-based learning, emphasis on traditional foods, physical activity, mindful nutrition activity, goal setting
- Includes scripted facilitator guide and 5 participant guides
- Endorsed by the American Diabetes Association

Register by September 1, 2025

This activity is planned for 9.75 contact hours. Approval pending.

Who Should Attend?

- Health Educators
- Community Health Representatives
- Anyone providing diabetes or nutrition education in Tribal communities
- Registered Dietitian Nutritionists
- Nurses
- Pharmacists

Registration Link & QR Code

<https://forms.gle/pi2zBfKKgxyr2ZHg6>



Train the Trainer Registration - PIMC
docs.google.com

For more information, contact:



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Chief of Nutrition Services

Lead Facilitator: Teresa Hicks, RDN, CDCES

Co-Facilitators: Kelli Begay, MS, MBA, RDN and Sarah Stotz, PhD, MS, RDN, CDCES