

Train the Trainer

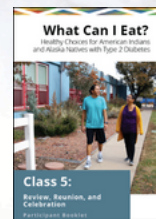
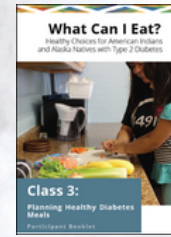
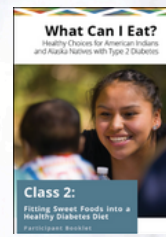
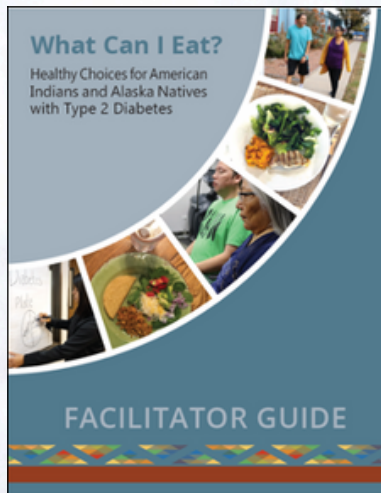
What Can I Eat? Diabetes Nutrition Education for American Indians and Alaska Natives with Type 2 Diabetes

Lake County Tribal Health | Lakeport, CA

December 2 & 3, 2024

10 AM to 4 PM

(Lite breakfast at 9:30AM)



Receive ## Continuing Professional Education Units (CPEUs), CPE level 2 and a Certificate of Attendance for completing both days.

Register by November 1st

No cost for training | Limited space to first 25

To Register, Contact:

Yvonne Quintero
707-263-8382, ext. 1119
yquintero@lcthc.org

Lunch Provided



Lake County Tribal Health
Modern Medicine Personalized Care

“What Can I Eat?” Diabetes Nutrition Education for American Indians and Alaska Natives with Type 2 Diabetes:

- Five 1.5 hour classes focused on nutrition for T2D management and support
- An excellent complement to DSMES programs
- Culturally tailored for American Indians and Alaska Natives with T2D
- Group based, interactive, participatory learning
- Each lesson includes peer-to-peer learning opportunities, interactive and arts-based learning, physical activity, mindful nutrition activity, and goal setting
- Includes scripted facilitator guide and 5 participant guides
- Endorsed by the American Diabetes Association

Lead Facilitator: Teresa Hicks, RDN, CDCES
Assisted by: Kelli Begay, MS, MBA, RDN; Lucy Hebert, PhD; and Sarah Stotz, PhD, MS, RDN, CDCES