

# TRAIN THE TRAINER

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

May 14 & 15, 2025  
Cloquet, MN

Fond du Lac Human Services Division  
927 Trettel Lane, Cloquet, MN 55720

Day 1: 10am - 4pm | Day 2: 9am - 3pm



“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 April 25, 2025

No cost for training | Limited space | Lunch provided

Registration Link & QR Code  
<https://forms.gle/F6cGhoxZkapE4V7Z7>



Train the Trainer Registration - Fond du Lac  
[docs.google.com](https://docs.google.com)

For more information, contact Jennifer Hall:



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