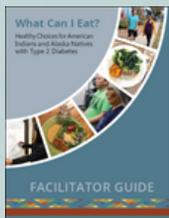


TRAIN THE TRAINER

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

August 12 & 13, 2025
Albuquerque, NM

ABQ IHS Area Office
4101 Indian School Rd NE, Albuquerque, NM 87110
10am - 4pm



“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 July 30, 2025

No cost for training | Limited space | Lunch provided
This activity is designated 9.75 contact hours. See page 2 for details.

Who Should Attend?

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

Registration Link & QR Code:

<https://forms.gle/jSsFvYVhwuTkymBy9>



Train the Trainer Registration -
Albuquerque Area

For more information, contact Joshua Martinez:



jmartinez@diabetes.org



505-927-2839



Joshua Martinez
Director, Health Access and Quality
American Diabetes Association

Lead Facilitator: Teresa Hicks, RDN, CDCES

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