



# Southeastern Idaho Public Health

For Immediate Release  
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## Free Diabetes Classes To Be Offered in Pocatello

A FREE four session Healthy Diabetes Plate Class Series will be offered in Pocatello during the month of April. Class sessions will be taught on Wednesdays beginning April 4<sup>th</sup> and consecutively taught through Wednesday, April 25<sup>th</sup>. The classes will be held from 3-5 pm at Southeastern Idaho Public Health located at 1901 Alvin Ricken Drive in Pocatello.

Healthy Diabetes Plate is a series designed for Type 2 Diabetics and their caregivers. By attending the class series participants will:

- Gain a better understanding of the signs and symptoms of diabetes;
- Learn how to use the Healthy Diabetes Plate to visualize portion and serving sizes, plan balanced and nutritious meals, and eat out at a restaurant;
- Take an instructional supermarket tour highlighting friendly food choices; and
- Observe cooking demonstrations and sample healthy recipes.

Pre-registration is required for this free class series. For more information or to register for these classes, please call Traci Lambson at 208-478-6316 or visit [www.siphidaho.org](http://www.siphidaho.org).