



Southeastern Idaho Public Health

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Healthy Diabetes Plate Class Series To Be Offered in Arco

Nearly one out of ten people in the United States has been diagnosed with diabetes. To recognize and address the impact of this disease, a FREE 4-part class series will be taking place in Arco on Tuesdays beginning September 10th running through October 1st. Those interested can attend morning classes from 10 am – noon or evening classes from 6:30 pm – 8:30 pm. Classes will be held at Lost Rivers Medical Center located at 551 Highland Drive in Arco. Class curriculum is designed for prediabetics, Type 2 Diabetics and their caregivers, and for anyone looking to enhance their way of eating through the use of the Healthy Diabetes Plate method.

The 4-part class series will cover:

- Signs and symptoms of diabetes;
- The utilization of the Healthy Diabetes Plate to visualize portion and serving sizes;
- Ways to plan balanced and nutritious meals;
- Tips to eat out at a restaurant through the use of the Healthy Diabetes Plate;
- An instructional supermarket tour highlighting friendly food choices; and
- An opportunity to sample healthy recipes.

Sponsoring agencies of the Healthy Diabetes Plate include: Lost Rivers Medical Center and Southeastern Idaho Public Health.

For more information or to enroll in the Healthy Diabetes Plate Class Series, please contact Robin Mangan at 208-252-7655 Ext. 300. Class size is limited to 20 people.

