



# Southeastern Idaho Public Health

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## Healthy Diabetes Plate Class Series To Be Offered in Pocatello

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 Pocatello on Tuesdays beginning October 29<sup>th</sup> running through November 19<sup>th</sup>. Classes will be held from 3:30-5:30 pm at Southeastern Idaho Public Health located at 1901 Alvin Ricken Drive. 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.

Class content 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
- Recipe observations and an opportunity to sample healthy recipes.

For more information or to enroll in the Healthy Diabetes Plate Class Series, please contact Traci Lambson at 478-6316 or visit [www.siphidaho.org](http://www.siphidaho.org). Partnering agencies include: Idaho State University, Indian Health Services and Southeastern Idaho Public Health.