



# HEALTHY LIFESTYLE AND NUTRITION FOR DIABETES

presented in ASL on ZOOM

Wed. 4/13/22: 8-9:30pm (ET), 7 pm (CT) or  
Sat. 4/30/22: 11am-12:30pm (ET), 10 am (CT)

**FREE Zoom link for Tennesseans Click here:**

**Contact Brenda Pond, VP: 615-290-5211**



Sandria Graham, ASL Presenter  
Dietitian-Nutritionist & Community Nutrition  
Certificate in Plant-Based Nutrition  
from Cornell University

There is a never-ending debate about which type of meal plan is best for managing diabetes. Are low carbs the answer? What about diet for low-fat, Vegan, Mediterranean, Keto, Paleo, etc.? When deciding which type of meal plan to follow, think about your health goals. Do you need to count calories and measure portion size? Do you need to lower your A1C, blood pressure, and/or cholesterol? Is losing weight one of your goals?

## **WORKSHOP INCLUDES:**

- **Making healthy eating part of a total lifestyle**
- **Plant-based vs. Meat eaters**
- **Understanding food labels**
- **Planning nutritious meals**
- **Increasing physical activity**

Sponsored by



**Library Services for the Deaf and Hard of Hearing**  
*Service, Education, and Community for Tennesseans*