



Healthy Choices  
for People with  
Type 2 Diabetes

In **four weekly sessions**, the program will set you on the path to achieving your goals:

- Eat healthier
- Lose weight
- Lower blood sugar
- Feel better
- Have more energy
- Move easier

# What Can I Eat?

Resolve to take care of yourself and your diabetes in 2018.

**What Can I Eat?** answers the #1 question people with diabetes have on a daily basis. *What Can I Eat?* is an exciting and innovative, community-based, nutrition-focused support program for adults with type 2 diabetes and their families created by the American Diabetes Association.

**May 1, 8, 15, 22 | 10:30 am - 12 noon**

**Mooresville Public Library**  
220 W. Harrison St., Mooresville, IN 46158

**Registration is required.**  
**Call 765.349.6736 Option #1**



Indiana University Health



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