



Get a Taste for Nutrition with our
FOOD AS MEDICINE SERIES

FREE VIRTUAL Diabetes Nutrition Workshops with a CCE Suffolk Diabetes Nutrition Educator.

Workshops will take place on **Mondays, August 4-September 29; 6:00-7:00pm.**

August 4: Intro to Diabetes MyPlate

August 11: Carbohydrate Basics

Label reading and carb counting to help blood sugar levels.

August 18: Eating Healthy on a Budget

Gain skills for healthy eating on a budget through proper meal planning and smart purchasing.

August 25: Portion Control

Tips to recognize how much to eat so you can control your portion size and still be satisfied.

September 8: Focus on Fruits and Veggies

Learn about the importance of fruits and vegetables in our everyday lives.

September 15: Self-Managing your Diabetes

Each meal plays into your blood sugar and how to make healthier choices.

September 22: Physical Activity and Diabetes

Learn practical ways to incorporate physical activity into your day.

September 29: Diabetes & Stress



Join Zoom Meeting

<https://cornell.zoom.us/j/91807484123?pwd=eXBZEYlJoWE0vNk1RekZRYnk0cUFaQT09>

Meeting ID: 918 0748 4123 • Passcode: Diabetes

Contact Cristina Tierney • cft36@cornell.edu

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Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.