



Meal planning 101

Come learn how to prepare diabetic friendly meals.

A registered dietitian will discuss how to incorporate plant-based foods into meals.

Goshen Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATTENTION: If you speak Spanish, language assistance services, free of charge, are available to you. Call 1 (574) 364-1000 (TTY: 711 or 1 (800) 743-3333 to be connected with Relay Indiana).

Goshen Health cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1 (574) 364-1000 (TTY: 711 o llame al 1 (800) 743-3333 para comunicarse con Relay Indiana).



Goshen Health

WHEN: Monday, August 19, 2019
6:00 – 7:30 p.m.

WHERE: Goshen Hospital
Birch/Walnut room
200 High Park Ave.
Goshen, IN 46526

WHO: People with diabetes,
prediabetes and family
members

COST: Free!

**No registration is required.
For more information, call
(574) 364-2746.**