

| | Topic | Handout s | Cooking |
|------|-----------------------------------|--|--|
| 6/28 | Tackling Diabetes - Review | PPT presentation | n/a |
| 7/5 | Review Medications and Diet | Medications and Diet Change handout | Pomegranate Smoothie (Jan) – Rice Cakes n’ Hummus |
| 7/12 | Grocery Store Tour | Snacks and Label Reading | Steamed Veggie and Rice with Joe’s 4 essential condiments |
| 7/20 | Maintaining a Healthy Body Weight | PPT | Easy Bean Salad |
| 7/27 | Healthy Exercising Tips | Boosting Movement! | Green Smoothie |
| 8/2 | Bulk Cooking and Meal Planning | Cooking demo focus | Sloppy Joes on Whole grain |
| 8/9 | Diabetes and Heart Disease | PPT | Lentil Soup |
| 8/16 | Diabetes and Cancer | PPT | Garlic Broccoli Stir-Fry |