



EBAN Support Group

Fun Topics Discussed At Each Meeting

Healthy Lunch Provided

Free Blood Pressure Check

Monday, February 24, 2014

Crock Pot Cooking & Cooking For The Family

- Demonstrate fast, easy and healthy options for family meals
- Focus on diabetic-friendly recipes
- Show that healthy food can taste good



Monday, March 17, 2014



Exercise & Physical Fitness

- Zumba demonstration to show participants how much fun improving their fitness can be
- Personal Trainer to discuss methods for low impact exercises
- Physical Therapist to explain how to promote mobility, flexibility and improvement of life

Wednesday, April 23, 2014



Menu Planning & Grocery Shopping

- Provide examples of the high cost of fast food
- Demographic targeting to show participants grocery stores and farmer's markets in their community
- List of resources containing menu planning tips
- Demonstrate how to utilize specific dollar amounts to purchase healthy foods and plan menus

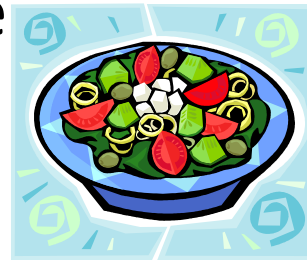




Friday, May 16, 2014

Gardening

- Patio Gardening-demonstrate methods for growing herbs and vegetables in your home or on your patio
- Lower your diabetes risk:
 - *A number of studies have found that diabetes rates are lower in areas with community gardens, or places where gardening is more common.



PDSA

- Surveys will be gathered at the end of each session seeking feedback from participants.

