NUTRITION AND DIABETES CARE FOR PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

INTENDED AUDIENCE: PRIMARY AUDIENCE IS INDIVIDUALS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES. CAREGIVERS ARE ENCOURAGED TO ATTEND FOR SUPPORT AND PARTNERSHIP!

Registered dietitians Terri Lykins and Deb Kolman have designed a FREE training session for individuals with diabetes and their caregivers to attend together, to understand what it means to have diabetes, and how good nutrition and movement can help.

When you attend, you will learn how your body uses food, which foods can make you sick, and which foods help you feel well. We will talk about healthy ways to cook, and activities that will help lower your weight, blood sugar, blood pressure, and risk of heart disease. We will look at healthy meals and recipes on a budget, and talk together about your favorite foods and how to find new favorites, too.

To register, please go to www.omnibehavioralhealth.com/training

If you have any questions, please contact Meagan Dunker at mdunker@omnibehavioralhealth.com or 402.397.9866 ext. 131.

Trainings are provided by the Department of Health and Human Services and OMNI Behavioral Health as an effort to improve the quality of life and care for people with disabilities in Nebraska.