

# Viva Bien! Live Well with Diabetes

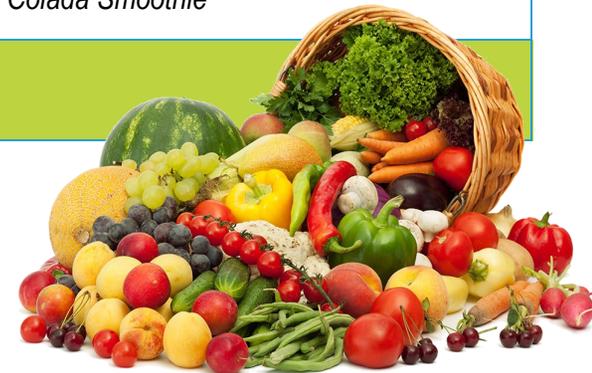
Class Schedule 2017



Weekly classes will be offered on Wednesdays at 11:00 AM and 6:00 PM for your convenience.

Date	Series	Topic	Cooking Demonstration
March 22, 2017	I	⇒ Introduction to MyPlate ⇒ Diabetes 101	<b>How to Make a Healthy Recipe</b> <i>Trail Mix, Veggie Quesadilla Delight, Healthy Tostada</i>
March 29, 2017	II	⇒ MyPlate– Healthy Eating with Diabetes ⇒ American Plate for Breakfast	<b>How to Make a Healthy Breakfast</b> <i>Dairy-Free Smoothie, Confetti Burrito, Blueberry Oatmeal</i>
April 5, 2017	III	⇒ Understanding the Food Label ⇒ All about Fats	<b>How to Prepare Smart &amp; Healthy Snacks</b> <i>Apple &amp; Cheese, No Bake Chewy Granola Bar, Easy Tzatziki</i>
April 12, 2017	IV	⇒ Types of Carbohydrates ⇒ Role of Fiber	<b>How to Incorporate Vegetables &amp; Fruits into your Lunch</b> <i>Salmon Wrap Ups, Potato Wedge Salad, Tropical Delight</i>
April 19, 2017	V	⇒ Developing an Exercise Program (1) ⇒ Importance of Water in our Life	<b>How to Prepare Healthy Drinks</b> <i>Infused Water, Infused Tea, Flavor Your Coffee</i>
April 26, 2017	VI	⇒ Food Safety ⇒ Building a Healthy Pantry	<b>How to Cook a Healthy Dinner at Home</b> <i>Layered Taco Salad, Cauliflower Fried Rice, Healthy Herbed Pasta</i>
May 3, 2017	VII	⇒ Healthy Eating on a Lean Budget ⇒ Choosing Healthy Foods When Dining Out	<b>How to Stretch your Meals</b> <i>Chicken Salad Sandwich, Black Bean &amp; Eggplant Chili, Chicken Tortilla Soup</i>
May 10, 2017	VIII	⇒ Developing an Exercise Program (2) ⇒ Coping with Stress	<b>How to Prepare Smart Exercise Snacks &amp; Stress-Free Drink</b> <i>Monkey Wrap, Infused Water, Pina Colada Smoothie</i>
May 17, 2017	IX	⇒ Gardening 101 ⇒ How to Grow your own Fresh Produce	<b>How to Care for Fresh Produce</b> <i>Gardening Demonstration</i>

Call to RSVP 210-431-8439 or 210-431-8489



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