

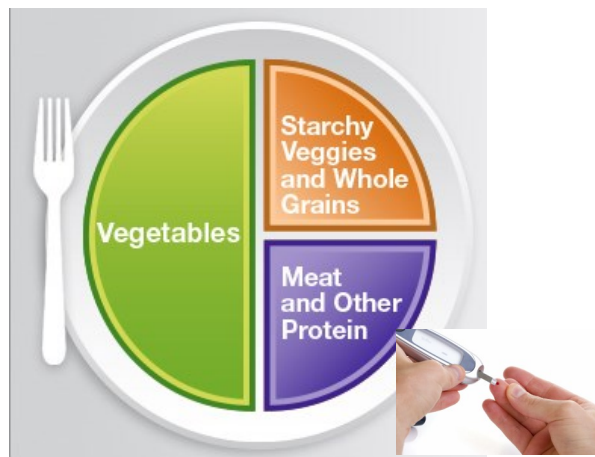
**Peer
Educator
Program**

MY PLATE

Healthy Eating and
Healthy Eating with Diabetes



Healthy Plate



Healthy Diabetic Plate

Tuesday

May 28, 2019

June 25, 2019

July 23, 2019

10 am to 12 noon

Credits: www.choosemyplate.gov, www.webmd.com



FRESNO HEADQUARTERS
5340 N. FRESNO STREET, FRESNO, CA 93710
559-225-3323 VP/V 559-225-0116 FAX
RESOURCES@DHHSC.ORG WWW.DHHSC.ORG