



Native Food for Life Online

Program for Type 2 Diabetes,
Prediabetes, and
Gestational Diabetes

6-week course!



October 8, 2024

8:00p.m.

Do you or does someone in your family have diabetes?

Join a free, 6-session online plant-based
nutrition and cooking course offered by

The American Indian Institute & PCRM - Instructor: Darylin Berryman

We'll meet virtually every Tuesday at 8:00p.m.

beginning October 8, 2024 .

This FREE 6-class series is designed to help anyone who wants to
learn about nutrition for diabetes treatment and prevention.

Everyone is welcome!

- Learn about the health benefits of a plant-based diet.
- View cooking demonstrations and learn new cooking skills.
- Receive advice and information from health and nutrition experts.

Zoom link will be sent the week before the class starts.

Questions? Call Darylin Berryman 231-534-7234

Use QR or email me to register. Darylin.Berryman@gtb-nsn.gov



PhysiciansCommittee
for Responsible Medicine