

# You Won't Miss It: Better Meal & Snack Ideas



Great ideas for healthier versions of your favorite meal and snacks. Tips and suggestions for improving nutrition and reducing calories, carbs and bad fats.

*Instructed by Natalia Garcia*

Date	Time	Location
Tuesday, January 23	12p - 12:45p	Utilities, Large Conf Room 4410 66th St W, Bradenton
Tuesday, February 20	6p - 7p	Palmetto Library 923 6th St. W, Palmetto
Tuesday, March 20	12p - 12:45p	Public Works, Conf Room 1&2 1100 26th Ave E, Bradenton
Thursday, May 10	12p - 12:45p	Admin Bldg, 4th Floor Osprey Room 1112 Manatee Ave W, Bradenton
Friday, June 8	12p - 12:45p	MSO Ops, Media Classroom *MSO/CPID Personnel Only 600 301 Blvd W, #202, Bradenton
Saturday, July 21 (en español)	1p - 2p	Palmetto Library 923 6th St. W, Palmetto

## Open to all employees and health plan members!

- Can be used to complete Qualifying Requirements for Diabetes Education for those members with 2017 Qualifying A1C at 7.1 to 8.9.
- This class counts as one group session in the Prevent Diabetes program.

**Register at [www.manateeyourchoice.com/register](http://www.manateeyourchoice.com/register)**

(Select "You Won't Miss It" in the dropdown menu or use the search bar)

