

# 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*

**Thursday, August 9 | 6 - 7pm**  
Palmetto Library

- 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)

