




DIABETES PREVENTION PROGRAM

TIV THAIV MOB NTSHAV QAB ZIB



Week 19, Session 15: Monday, April 12, 2021 to Sunday, April 18, 2021

SESSION FOCUS	Eat Well Away from Home
KEY POINTS	<ol style="list-style-type: none"> 1. Learn how to identify some challenges of eating well at restaurants and social events 2. Learn how to plan for and cope with these challenges
ACTION PLAN	<ul style="list-style-type: none"> <input type="checkbox"/> Eat Well Away from Home - learn how to identify some challenges of eating well at restaurants and social events. Furthermore, learn how to plan for and cope with these challenges. <ul style="list-style-type: none">  Eat Well Away from Home – PowerPoint video in English. <input type="checkbox"/> Eat Well at Restaurants & Social Events – refer to these handouts as a reminder of how to eat well at restaurants and at social events and how to plan for and cope with these challenges. <ul style="list-style-type: none"> Eat Well at Restaurants – handout in English Eat Well at Social Events – handout in English

If you have any questions or would like to connect with a Lifestyle Coach for more ideas or one-on-one support, please contact **Lindsey Lee** by email at lindseyl@hmong.org or by phone (612) 244-5721.