## PEHP Healthy Utah

Wellness Classes

## Diabetes and YOU

PEHP Healthy Utah Diabetes Education

 Diabetes Overview Learning Activity: explore the American Diabetes Association website. This <u>link</u> provides you with the opportunity to practice creating a healthy plate. Guidance is provided on how to utilize the plate tools. Doing this will help you become familiar and comfortable with how to adjust your plate for healthier eating.

