

Diabetes 101 class

Join registered dietitian Jen Trew to learn about the basics of healthy eating and diabetic diet planning on March 8 from 6:30-7:30pm.

Discover the important role of macronutrients and blood sugar control. Lab glucose goals, A1C, lipids and blood pressure also will be discussed.

The first class is free.

Other lecture topics include:

- Target glucose levels
- Recommended daily protein
- Healthy and unhealthy dietary fats

Register by contacting Lynn Norton at (530) 543.5824 or email lnorton@bartonhealth.org.

The class is at Barton University, 1113 Emerald Bay Road, No. 1, South Lake Tahoe.